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lose hope for my  
precious son'

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ON HOLIDAY  
FOR £54

# best

21 JULY 2015  
ISSUE 28



## WHY PAULINE'S FALLEN OFF THE FAST-FIX DIET WAGON

### HOW STARS FOUND LOVE AGAIN



**ANDREA**  
'We met  
on a blind date'



**KATE**  
'It was love  
at first sight'



**DAVINA**  
'He didn't know  
I was famous'



**Palace fury  
at Kate's  
no show**

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SILVER**

# best CONTENTS

## Beautiful inside and out



You voted. And we listened. When it comes to beauty, you feel passionately about the brands you love, the new products you've tried and the ranges you've remained loyal to for years. This week marked the 17th annual *Best* Beauty Awards, and among the prizes awarded and the celebrities attending, we chose to open up a different conversation about beauty. One that questions what it means to be beautiful. One that plays out different concepts of beauty and suggests the real power of beauty is inspiring body confidence. We were proud this year to host the Awards in association with Bio Oil, whose 'My Body Philosophy' campaign formed the perfect synergy with the event's theme. Turn to p14 for exclusive behind-the-scenes pics, where our beauty columnist Patsy Kensit interviewed three generations of women about their take on beauty and body confidence. To join the conversation, write to us or tweet #mybodyphilosophy. It can be something someone else told you, something that changed the way you saw yourself or anything that makes you feel happy in your own skin. You never know, it might inspire generations to come.

Jenny Vereker, Executive Editor

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EVERY TUESDAY 14.07.15



Celeb Jo Wood considers what beauty means to her



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# THE *news* edit

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Phillip toasted Holly's September return

INSTAGRAM/PHILLIPSCHOFIELD

## BOOZY REUNION

THIS MORNING FANS WERE WHIPPED INTO A FRENZY LAST WEEK AS HOSTS PHILLIP SCHOFIELD AND HOLLY WILLOUGHBY

teased their on-screen comeback. The pair will be back together in September, when Holly returns from maternity leave after welcoming third child Chester. And the silver fox was thrilled to reunite with his close pal. 'Spending the day with @hollywills shooting new opening titles, promos and doing i/v's for her Sept return,' he tweeted, before posting a photo of them enjoying a giant bottle of wine!

## BRIGHT ON!

WHO SAID YOU HAD TO BE A WALLFLOWER ON THE BEACH? We have a fashion crush on the high summer drop from Accessorize, where clashing colours ensure you'll stand out. Complete the look with these holiday accessories.

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Kaftan, xs-xl, £22;  
clutch bag, £17.50;  
backpack, £16; tribal ring,  
£10; bracelet sets, £10  
each, all Accessorize

Aztec-inspired beach wear will make you shine bright on the sand



Floppy hat, £8, Tu at Sainsbury's

Gold aviator sunglasses, £10, Miss Selfridge

Blue embellished toe-post sandals, £14, very.co.uk

# LIKE MOTHER LIKE SON FOR AMANDA AND MICAH

**HE MAY ONLY BE 11 MONTHS OLD, BUT BABY MICAH QUINONES IS ALREADY A SUPERSTAR**

– with 7,200 followers on Instagram admiring snaps of the gorgeous tot. But it's no wonder that Micah, who has Down's syndrome, is a natural in front of the camera – his mother is top model Amanda Booth, who has just appeared in a Lancôme advert alongside Julia Roberts.

Since Micah was born, Amanda and hubby Mike have posted a stream of pictures of their son, who has inherited his mother's genes. So much so that the LA tot has been signed up by the same modelling agency as his mum.

Amanda, 26, said, 'Our little man is so freaking incredible, I literally forget that he has DS. I don't think about it, worry about it, or track his progress.'

'We just live our lives and he is our son.'

Instagram star Micah has Down's syndrome

3

Model Amanda and her baby son Micah



INSTAGRAM/AMANDA\_BOOTH



4

Kris, Melanie and the Buddhist leader!

INSTAGRAM/KRISJENNER

## SNEAKY SNAP

*The award for this week's best selfie goes to **Kris Jenner** and **Melanie Griffith**, who had the **Dalai Lama** photobombing in the background! They were VIP guests at the holy leader's 80th birthday party in California. Bizarre? Definitely – but it put a smile on our face.*

5



Formula One driver Daniil Kvyat (far left), with Geri, Emma and the Spice kids!

# THE *news* edit

## FANS FEAR FOR SKINNY CHERYL

### X FACTOR STAR CHERYL FERNANDEZ-VERSINI SPARKED CONCERN

**LAST WEEK** as she stepped out in Manchester at the first round of auditions for the show looking thinner than ever. The petite star showcased her tiny frame in a black crop top and trousers, leading some Twitter users to brand her a 'walking skeleton'. And we imagine Cheryl, 32, will have something to say about it. Earlier this month she said, 'I am so sick of it being OK to call someone too thin. You have no idea what I've been through - losing my father-in-law and everything that comes with that.'



Overheard this week...

#### TESS DALY

'Er... Vernon Kay please ask me next time you borrow MY car..?! ...Thanks!'



#### ROBBIE WILLIAMS

'Now I'm a dad who gets to go to work. It's an unbelievable job.'



#### JENNIFER ANISTON

'I'm very anti-cologne on men. I love their own eau de sweat.'



#### COLEEN ROONEY

'Baby number 3 is on the way... January!! We are so happy and excited.'



#### NICK GRIMSHAW

'I got my nose waxed "for close-ups" on the telly. What a world we live in.'



## CLUTCH CONTROL



**YOU'LL GET MORE THAN YOU BARGAINED FOR NEXT TIME YOU SHOP AT HOUSE OF FRASER** Buy one of the Prada Candy fragrances\* - their latest offering, pictured, is an uplifting, floral, summer scent - and you'll be treated to these pouch bags. The perfect wedding outfit accessory!

\*Fragrance must be 50ml or more

## LORRAINE'S BRAVE MOVE...



### WE ALREADY KNEW SHE HAD A FIGURE MOST WOULD KILL FOR AFTER

she dared to bare in her bikini earlier this year. But presenter Lorraine Kelly, 55, went a step further last week when she stripped down to dance live on her show! As she aced an energetic zumba routine on London's Southbank, viewers showered her with compliments. What will she do next?!

*I really try to influence my parents' diets'*

**Don't look now, Chloe, but we've caught mum Judy enjoying another sneaky glass of summer vino...**

# CHLOE

# MUM, YOU CAN'T STOP DRINKING!

**It seems that Chloe Madeley's pleas for mum Judy Finnigan to cut down her drinking have fallen on deaf ears again.** Despite shaming her last month on national TV, while both were on *Loose Women*, saying, 'I don't know if Mum [and Dad] could go two days without wine,' the star was pictured happily enjoying a glass of vino last week at a Devon book fair. And this came days after being snapped enjoying a tipple at a similar fair.

It's not the first time fitness-mad Chloe has berated her parents for

their drinking.

'Mum and Dad drink too much wine,' the 27-year-old said earlier this year. 'They just want to enjoy themselves, but I try to influence their diets.'

Chloe, who gets on so well with her parents that she still lives at home and even holidays with them, has no fears that Richard or Judy have a drink problem, but she would love her parents to think more about their health. Since becoming a personal trainer, Chloe has naturally cut back her

own drinking, admitting she behaves terribly under the influence.

'Mum will tell you I'm a horrible drunk. I'm aggressive and angry, or I cry. It's a bit weird.' But as

these pictures would appear to show, Chloe may well be set for another battle over the booze with her mum...

Have a glass while you can, Judy, we say. Bottoms up!



Judy's often snapped with a glass of wine in her hand...



... Dad Richard's known to like a tipple, too



# ANDREA ‘I met my man on a blind date!’

After two failed marriages, Loose Women’s **Andrea McLean** has found love again...

**Andrea McLean glows with happiness as she walks into the theatre in a yellow lacy dress and stops to chat.**

There's a reason why she's smiling so broadly. The-45-year old admits she's with her handsome new boyfriend, investment advisor Nick Feeney.

Unlucky in love Andrea has been single since she split with her second husband, builder Steve Toms, in 2012. But it's clear she's on to a new chapter of her life.

‘He's absolutely not in the business, but we've known each other a wee while and I'm happy,’ she told Best. ‘We met through a make-

up artist friend of mine. She's known me for over seven years and she's seen me through some very tough times.

‘When you've got to the point when you've given up and stopped thinking about it and then it happens, it's really nice. Neither of us were looking for it – in fact, it was a blind date and both of us nearly didn't turn up. We were so nervous and only went so we didn't let our friends down. But it all

worked out – so I'm an advocate for the blind date now. In fact, I think I should host a new series.’

Incredibly, the Loose Woman's new man had no idea who she was.

‘He knew I worked in TV, but he had no idea what I did. When I told him, he just said, “Oh, I’m at work during the day.” But that was refreshing. He was talking to me like a normal person – not “that woman off the telly.”’

The couple clicked and

have now been together for almost a year.

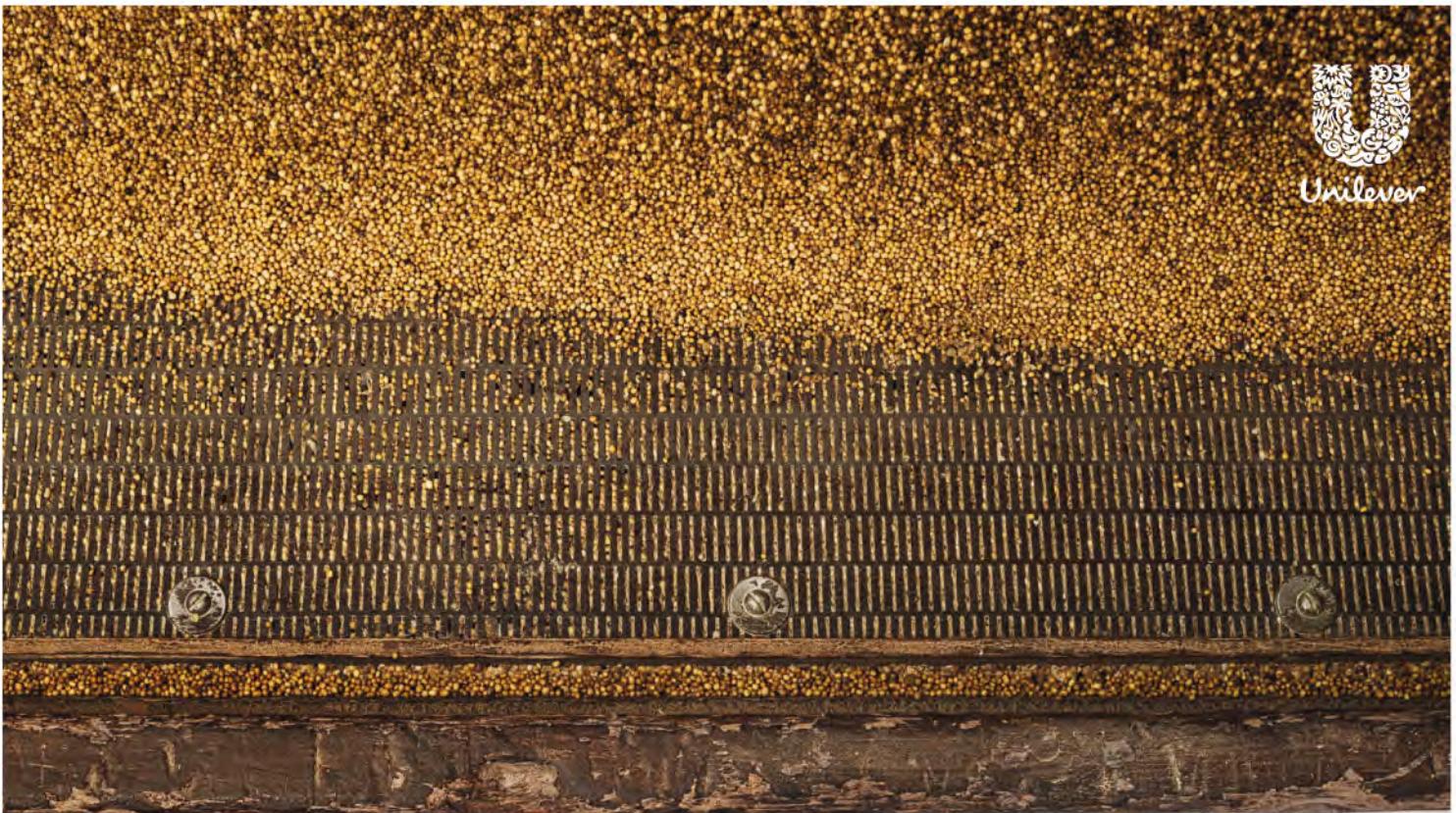
Like Andrea, Nick also has two young children.

‘They are similar ages and we all got on so well that things just grew,’ she says, grinning. ‘I’m not perfect. He’s not perfect. But we are good for each other. We’re kind to each other. It’s the most content I’ve been.’

Asked what other plans she has for the summer – *Big Brother*, perhaps? – Andrea laughs.

‘No! When Nadia [Sawalha] came out of the house, it took her a month to recover. Even if any of us had ever considered it, we all now say absolutely no way.’





OF COURSE YOU'LL FIND  
MUSTARDS THAT AREN'T  
FILTERED UP TO NINE TIMES.  
THEY JUST WON'T HAVE  
OUR LABEL ON THEM.

*The way we make it says it all.*



# Why Pauline's piled on the pounds

One-time poster girl for weight loss, *Birds Of A Feather* star Pauline Quirke has returned to her old eating habits....

**Ever since jubilantly losing a staggering eight stone on a liquid diet four years ago, actress Pauline Quirke had tried hard to maintain her newly svelte figure.**

Having wowed fans by going from a size 28 to a 14 on a 600-calorie-a-day diet, the 56-year-old was openly delighted with her new look.

'I was eating myself to death,' she admitted in 2011.

Speaking of her previous weight, she added, 'Call it what you want, but when you're 19st 6lb, technically that's morbidly obese.'

So, very fat? 'Yes. Go on. Use the F-word. It's not insulting. Fat is fat.'

For the next two years, the

TV star battled hard to maintain her figure. But then the pounds began to creep back on.

In April 2014, she was snapped in the cake aisle at Tesco looking stressed, buying cakes and wine. At the time, her close friend Max Clifford was on trial for sex assault. By September,



The actress lost weight through a 600-calorie-a-day diet...

## THE STAR'S UPS AND DOWNS



**2008** At her heaviest, Pauline weighed 20st



**2011** Her weight-loss saw her lose 8st



**2012** Starting to pack on the pounds again



**2014** It appears she's put most of the weight back on



...but a return to her old eating habits have seen her weight go up

she was looking noticeably larger again. This time she was wearing baggy white trousers and a stripy top, as she left a petrol station with calorie-laden lunch of crisps and a sandwich.

By October, the mum-of-two was seen out on a brisk walk in a bright pink tracksuit top and Converse boots, possibly trying to shed the newly gained weight, but pictures of her this May showed she was losing the diet battle.

First she was photographed in a loose polka dot dress and trademark baggy blue cardigan that made her appear around a size 20. Later in the month, she was seen entering an Italian restaurant near her home in Buckinghamshire.

When she reached her weight goal of 11st four years ago, Pauline admitted a fear of coming off her strict diet. 'We can all get (the pounds) off... but there are people who lose it all and it goes back on because they go back to how they used to eat,' she admitted.

So is that what's happened to the popular comedienne? Celebrity doctor Rob Hicks believes it's possible.

'Yo-yo dieting starts when people find their eating plan too hard to maintain, so they go back to their old eating habits, gain weight and then start the cycle all over again,' he says.

'Low calorie and liquid diets in particular are quite



Pauline in her local Tesco in April 2014

restrictive so people can get bored and give up,' he adds.

At her heaviest, Pauline tipped the scales at 20st, but she explained: 'People might assume that to get as fat as I did I sat there eating fried bread and doughnuts every day. But I didn't.'

'I was not a pig. What I did was have a little bit too much of everything all the time.'

Unfortunately, these latest pictures appear to show Pauline has started to eat

a 'little too much, a little too often' all over again.

So what is the answer?

'It's boring,' says Dr Rob.

'A sensible eating plan and regular exercise is the best way to keep in shape.'

Pauline herself has insisted that she's comfortable in her own skin these days.

'I lost the weight, I put some back on. That's it!' she explained, before adding, 'I'm bored of talking about it.'

Unfortunately, people get labelled 'morbidly' obese for a reason.

So let's hope Pauline halts her weight gain soon - for her own sake.



# Kate's no-show sp Palace f

Available for Wimbledon but not to honour armed forces heroes... staff at the Palace are now calling Kate Middleton 'the Duchess of Dolittle'

The Duke laid a memorial wreath for victims of the London bombings



**The Duchess of Cambridge was seen enjoying a day out on Centre Court at Wimbledon last week, cheering on Andy Murray alongside her loving husband William, her mother, Carol, and a host of celebrities including David Beckham and his son, Romeo. Yet, just days before, she had avoided attending any**

**...BUT NOT FOR THESE  
IMPORTANT EVENTS**



memorial services for the armed forces, due to her 'extended maternity leave'.

The Duchess, 33, even found time to entertain Hollywood royalty Angelina Jolie and Brad Pitt at her London home, Kensington Palace. And to apply with her husband for planning permission to build a new tennis court at Amner Hall, their country house in Norfolk.

But she didn't support the Queen, 89, or her husband, Prince Philip, who is still active at 94, at any royal functions.

Meanwhile, William, also 33, was busy carrying out a string of official engagements before starting his first full week as an Air Ambulance pilot.

On 7 July, he joined survivors and families of the 2005 London bombings at a memorial event in Hyde Park to mark the 10th anniversary of the terror attacks on the capital.

Two days later, he was at the Imperial



SHE SHOWED UP  
FOR WIMBLEDON...

# arks ury

War Museum, Cambridgeshire, to accept the gift of a restored Spitfire, the fighter plane which helped us to win the Battle of Britain in 1940.

And on 10 July, he joined the Queen, Prince Philip, Prince Andrew and other royals on the Buckingham Palace balcony to watch a fly-past of Spitfires and Hurricanes.

Britain's wartime leader, Winston Churchill, called the RAF fighter pilots who saved Britain against all the odds 'The Few', to whom so many owed so much.

After the fly-past, Prince Philip, William and other guests had lunch with the six members of 'The Few' who are still alive.

Through all of this, the only public appearance Kate made was in the royal box at Wimbledon.



Even Princess Charlotte's recent christening was held at the church of St Mary Magdalene, on the Sandringham estate in Norfolk, just a stone's throw from Kate's Anmer Hall home, so as not to inconvenience the Duchess. The reception was held at the Queen's main home, Sandringham Palace, so that Kate did not have to worry about the catering.

A royal insider said: 'We all like the Duchess, but she

is getting a bit of a reputation for ducking out of her official duties.

'Yes, she has two young children to look after, but she does have a nanny and a housekeeper to help her.'

'If you can't find time to pay tribute to some old men who saved our country, and who won't be around much longer, then, what does that say?'

'Some people are calling her "the Duchess of Dolittle", and others nickname her "Lazy Katie".'

'It might be a bit unfair, but she is not doing herself any favours.'

Up until this point, the sporty Duchess has been a hardworking and

very popular member of "The Firm", especially as she is "one of us" – the ordinary girl who got her prince. And her commitment to her charity work has always been applauded.

Even the Buckingham Palace source admitted: 'The Queen and Prince Philip come from a different generation, and have a sense of duty above all else.'

'When she first succeeded to the throne, the Queen could be away for months on royal tours, and her children didn't see her at all. No one expects that today.'

The source continued, 'But being a royal comes with responsibility and duty. The Queen and Prince Philip are 89 and 94, and they work tirelessly.'

'Meanwhile, Kate puts in one balcony appearance, just minutes away from her children, but manages to go to Wimbledon for the whole day. She could do so much more.'

The Duchess is even facing a growing backlash from disgruntled fans on Twitter. In the wake of her much-remarked appearance on Centre Court, Jennifer@Chic\_Happens tweeted: 'Tea with Brangelina is OK, Wimbledon is OK, but honouring Battle of Britain heroes (as wife of future head of armed forces) not?'

*There's been a growing Twitter backlash*



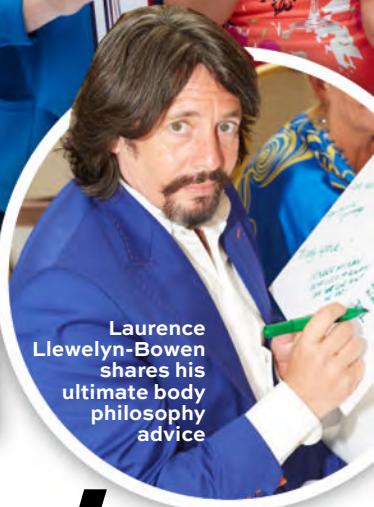
Gillian Taylforth, who turns 60 next month and has never looked better, arrived with her daughter Jessica



Best beauty columnist Patsy Kensit shares her bikini body philosophy



Coleen Nolan, who came straight from filming *Loose Women*, rubbed shoulders with Lizzie Cundy plus *Emmerdale's* Gemma Oaten and Michelle Hardwick



Laurence Llewelyn-Bowen shares his ultimate body philosophy advice

# Best hosts the stars BEAUTY AWARDS

Hundreds of you voted for your hero products. Here's a glimpse behind the scenes of our star-studded ceremony...



Jo Wood ponders other guests' messages



MasterChef winner Ping Coombes with *Embarrassing Bodies'* Dr Dawn Harper and *This Morning's* soap expert Sharon Marshall. Dawn later tweeted, 'Thank you Best for a lovely feel-good factor awards and a pretty special tea'

Celebs turned out in their droves to attend our annual awards honouring the best of high street beauty – this year in association with Bio-Oil – at the luxury Waldorf Hilton Hotel, London, last week.

Now in its 17th year, Best's Beauty Awards have always been voted for by you and, this year, we were inundated with your views. The presentation, over a champagne high tea, was hosted by Best's executive editor Jenny Vereker with

speeches from Bio-Oil's Julie Lardieg, who introduced their 'Body Philosophy' campaign, and our beauty columnist Patsy Kensit – who interviewed three generations of readers on stage to talk about their own body philosophies.

Celebrity guests included *Good Morning Britain's* Kate Garraway, Laurence Llewelyn-Bowen, former *Strictly Come Dancing* judge Arlene Phillips, *EastEnders'* Gillian Taylforth, Lizzie Cundy, and *Loose Women's* Coleen Nolan.



# for our ADS 2015



We invited three generations of women from one family to share their beauty secrets and body philosophies. Jenny, 71, Sarah, 45, and Grace, 15, were treated to a red carpet makeover and told attendees the secrets of their body confidence. Sarah spoke for a nation of women when she explained how she'd 'learnt to love my curves', while 15-year-old Grace's mantra that 'beauty comes from within' inspired everyone.



Stylist Jo takes Sarah through her wardrobe ahead of the ceremony

Grandmother Jenny is pampered by one of our talented make-up artists



Crazy for curls! 15-year-old Grace is best dressed for the beauty awards



**Bio-Oil®**

**AND THE WINNERS ARE...**

Congratulations to the following brands, winners of the 2015 Best Beauty Awards:

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**MAYBELLINE NEW YORK**

**BOOTS NO7**

**BOURJOIS**

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**NIVEA**

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**BAREMINERALS**

**OPI**

**SIMPLE**

**ST IVES**

**JOHN FRIEDA**

**BENEFIT COSMETICS**

**MAC COSMETICS**

**7TH HEAVEN**

**DOVE**

**LIZ EARLE**

**YVES SAINT LAURENT**

# 'WE RAID OUR DAUGHTERS' WA

As the line between mum and daughter fashion choices becomes blurred, we



Claire and Sydney give each other fashion advice

*'Once when we were shopping together, we picked up the same dress in Urban Outfitters...'*

Claire Grey, 39, works for the NHS and lives in Cleethorpes, Lincolnshire, with her 15-year-old daughter, Sydney.

**She says,** 'I started wearing Sydney's clothes about six months ago. One of the first things I borrowed was her leather jacket, which I wear quite a lot when I go to the pub with my friends.'

'Sydney doesn't mind as long as she's not going out as well.'

'I like to have a look at what she's bought to see if there's anything that would suit me!'

'We like the same shops - Topshop, H&M, River Island and Zara are our favourites. I'm lucky to have a teenage daughter who dresses in clothes that I really like.'

'There are things that look great on Sydney that I wouldn't dream of wearing, like playsuits. I have got to remember my age!'

**Sydney, 15, says,** 'It doesn't bother me that Mum wears my clothes. I nick her things, too. She's got a black high-neck top that spends more time in my wardrobe than it does in hers.'

'Once when we were shopping together, we picked up the same dress in Urban Outfitters. Mum ended up buying it and I borrowed it from her.'

'I've always liked the way Mum dresses. There's a picture of her that was taken when she was younger. She's wearing a white vest top and pink pencil skirt, and I think she looks amazing.'

'She always asks for my opinion on what she's wearing, and I do the same.'

Kasha and Misha admire each other's taste



# TEENAGE WARDROBES'

meet six ladies who are taking advantage...

*'I've always admired Mum's style - I think she looks brilliant...'*

Kasha Grimes, 53, runs a holiday rentals business and lives in Cirencester, Gloucestershire, with her husband, John, and daughters, Anya, 18, and Misha, 16.

**She says,** 'I've been sharing clothes with Misha since she was 14. The first thing I borrowed from her were some ripped jeans. I wore them with heeled boots, whereas Misha wore them with flats.

'Anything we share, we tend to wear with different accessories so it never looks the same.'

'We both compete in beauty pageants now - I followed Misha into it - and we've shared dresses for different competitions.'

'It's been lots of fun to do that together. We love all the clothes and the dressing up, but we do a lot of charity work as part of it, too.'

'Misha and I always shop together. We have really similar taste in clothes.'

'But I make sure what I'm wearing is age-appropriate.'

'Misha bought a gorgeous backless dress recently and, while it looks gorgeous on her, there's no way it would be appropriate for me to wear!'

**Misha, 16, says,** 'I've always admired the way Mum dresses. I think she looks brilliant. That's why I persuaded her to start entering pageants with me. I hope to look like her when I'm her age.'

'It's great that we can share clothes. I raid her wardrobe for classic shirts and blouses. But I'll wear them open over a top, so they look different to when Mum wears them.'

'We share clothes with my sister, Anya, too. When we've been shopping, we tell Dad to divide whatever we've spent by three, because we'll all wear it. That way, it doesn't seem so bad!'



*'I used to dress her - now she's giving me advice on what to wear!'*

Emilia helps Sarah stay fashionable

Sarah Smith, 44, lives in Bexhill-on-Sea, East Sussex, with her daughter, Emilia, 14, and three sons.

**She says,** 'I had three boys before Emilia came along. So it was lovely to have a little girl to buy clothes for. I used to dress her up like a dolly. Now she's giving me advice on what to wear!

'I love being able to dip into her wardrobe, too.'

'There are some things I wouldn't even try to pull off, like high-waisted jeans, which don't look good on me.'

'But there's lots of stuff I love. My favourite thing in her wardrobe at the moment is a little floral kimono jacket.'

'We both dress quite casually, so it's mainly tops we share. I don't want to look younger, but I think having a daughter Emilia's age helps to stay fashionable.'

**Emilia, 14, says,** 'I don't mind sharing clothes with Mum. My friends sometimes look at what she's wearing and say, "Have I seen that before?", and I say, "Yes, it's mine!"'

'The downside of having a fashionable mum is that if she could take all your stuff, she would!'

'I tell her if I think something doesn't suit her, though. She put on a pair of my trainers the other day and they didn't look good. They were definitely too young for her.'



Madonna and her daughter Lourdes share a similar sense of style

Snapped last week wearing the same clothes

# 'Matthew didn't know who I was!'

Presenter Davina McCall on what made her fall head over heels for her hubby

**S**he's one of our best-loved TV stars and, despite her success and glam appearance, is seen as 'one of the girls' by her female fans. Here, the 47-year-old mum-of-three reflects on her turbulent personal life and career, and reveals why finding love with husband Matthew Robertson was just what she needed...

**Before I got clean [Davina overcame a drug problem in her 20s], it felt like a case of 'change or die' because I was in so much emotional pain. Now I'm 23 years clean and serene. Taking that leap of faith was so exciting.**

**It took me two years to get sober...** I used to think, 'Who will I be without alcohol? Will I be a boring old fart?' But I met people in recovery who seemed to be having such a good time. Now I'm just high on life. It is possible to enjoy yourself without alcohol - I just didn't realise until I tried.

**Alcohol is danger for me. If I let it, it could get me into a lot of trouble...** That's why it's absolutely fabulous that I don't drink or take drugs any more. It's also good when I get the urge to flash my boobs on the red carpet -

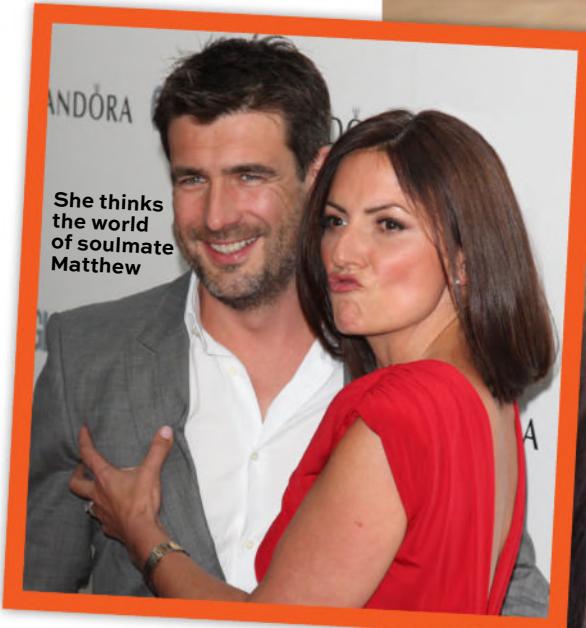
which is every time I walk down one! I keep thinking, 'The day I retire, I'm going to do it.' So the day you see my wrinkled boobs on the red carpet, you'll know I'm at the end of my career!

**My husband loves my naughty streak**, but I generally try and keep it for playing loud music after a dinner party, or dancing madly with Matthew with no shoes on. I also love doing something completely unexpected - it helps me keep my inner wild child!

**I've come to realise that you can't change other people...**

I went through so many relationships in my 20s where I'd fall in love with some poor boy's potential and would try to mould, squeeze, crowbar and change him. Then I realised the only person I could change was me, so I tried to become a better, more whole person, who wasn't so weighed down by my past.

**My chat show [2006's *Davina*, which was widely panned and got very poor viewing figures] made me realise you have to trust your instincts...** My immediate feeling when I heard the BBC wanted me to make a pilot was, 'I'm not that great with famous



people - I get star-struck. I'm better with real people.' However my fantastic agent, who gave me my first break in TV, said it would be a job for life and I didn't want to tell him how I felt about it. But I should have stayed true to myself. The whole thing felt a bit wrong, but I didn't have a voice to say anything.





*'Beyond  
Breaking  
Point nearly  
finished me'*

... but she insists she's  
far from 'extreme'



**When I was going through 'Chatshow-gate', and the papers were having a go, I'd sit in my car and cry...** But then my husband wrote an 'Our Brilliant Life' list. It was really funny and sweet, and at the end it said, 'To try and fail is temporary, but to not try at all lasts forever.' That's really stuck with me. Failing makes us human. It's made me a better wife, a better mother, a more empathetic person and has given me huge strength and humility.

**People think of me as Davina 'Extreme' McCall, but I'm actually the most risk-averse person ever...** My Sport Relief challenge nearly polished me off. Before I did it, I thought the title of the programme, *Beyond Breaking Point*, was an exaggeration, but I soon realised it was bang-on! Then the production company offered me a new programme [called *Life at the Extreme*] and told me I'd be doing things like running with cheetahs. But it called for a lot of time away from my family and, as a working mum, the guilt is a constant battle, so I cancelled it. I did do one where we went to the Arctic. It was amazing, but I

was petrified. So I find the 'extreme' tag hilarious!

**When I first met Matthew, he had no clue who I was** because he'd been living in America. I told him I worked in telly and, when he told his friends about me, they said, 'It's not Davina McCall, is it?' *Streetmate* [the reality dating show Davina presented] was on at the time and, when Matthew finally saw it,

he thought, 'She's filming me!' He went really weird for three days, and eventually asked me, 'Are you filming me?' We had a little laugh about it - and then a snog!

**He doesn't watch my shows...** We've been together for so long now that it's just what I do. He's comfortable in his own skin and is proud of me, as I am of him. We respect each other's careers. It's hard for him, because a lot of people say, 'Oh, he works?' Of course he does!

**People might think me and Matthew have the perfect relationship,** because that's what I talk about, but I'm not going to tell you the bad bits, am I? What I love about Matthew is that, in the 17 years we've been together, we've had our problems - a difficult six months when we had two little kids and were in competition as to who was the most exhausted, or when he was feeling abandoned when we had a new baby and he wanted to go down the pub - but we're committed to making it work. He's amazing.

● Davina was talking at Cosmopolitan's Hearst Empowering Women event

# THIS WEEK...

# Why Kerry's always looking for love with Mr Wrong

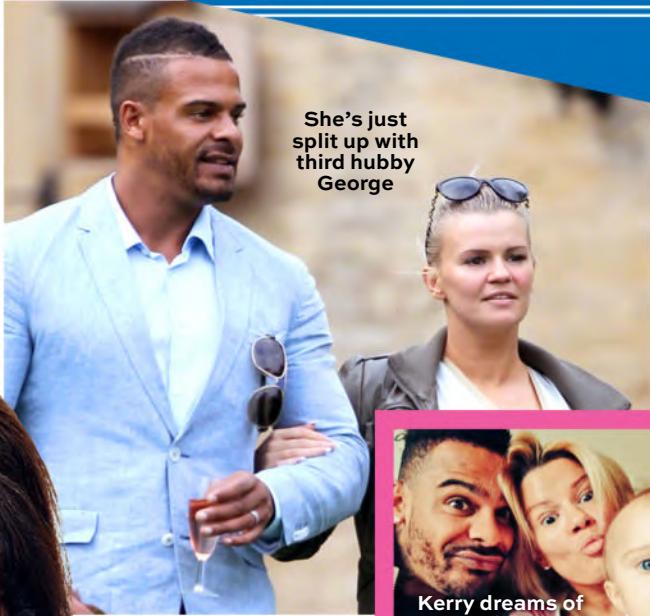
Well, it looks as if Kerry Katona may have split from her third husband, George Kay.

According to newspapers, 'George has been going missing regularly and is not supporting her. He is only bothered about partying with his friends in Warrington.'

I am so, so sad for the former Atomic Kitten singer. Kerry craves love. Her dream has always been the Happy Ending. Meeting Prince Charming, getting married and living happily ever after.

After growing up and watching her mum with a string of 'bad' men, she dreams of the 'perfect' family - mum, dad, kids.

But that pattern of behaviour has been learnt. Like many kids from unstable homes,



Kerry, 34, grabs hold of anyone who shows her affection, and then marries him, believing he's her prince.

I know Kerry, and I know that if she can put it right with George, she'll give it her all. If not, she needs to believe it's not up to her to 'save' him. Just as it wasn't up to her to 'save' her ex, Mark Croft, from drugs.

Her children (Molly, 13, and Lilly-Sue, 12, with Brian McFadden, Heidi, eight, and Max, seven, with Mark Croft, and Dylan-Jorge, one) are her life. She's a fantastic mum. They are polite and well-adjusted. That's down to their one constant, Kerry.

But, if I were Kerry's mum,

I'd say to her: 'When you meet someone else, live with him for a few years before you even think about another marriage.'

**WHAT DO YOU THINK?**  
Tell us your views at BestDaily  
**best** daily.co.uk



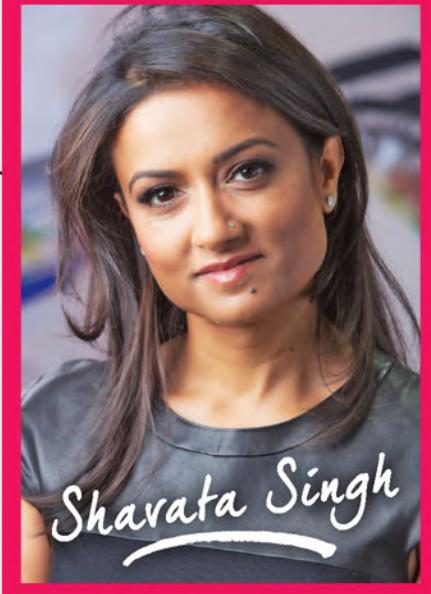
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# Beauty masterclass



## Brow know-how

Each week, we ask an expert to help solve a beauty dilemma. Here, **Sharata Singh** reveals how to groom the perfect eyebrow look

**SHAVATA** has 25 years' experience of threading, tweezing and waxing eyebrows and wants to demystify how to make the best of what we've got. Tending to our brows can seem like a minefield, but Sharata has used her beauty expertise on this part of the face to open studios across the country and also boasts a grooming range to her name. It's fair to say that she knows a thing or two about the job. 'Our eyebrows have the ability to make a huge difference to the way you look and how confident you feel,' she says. Who better to ask for advice...

### Sharata's tips to perfectly groomed brows

● **First you need to decipher your ideal shape.** This is best left to a professional, and once you've got this sorted you can easily maintain it at home. As a rule, the older you are, the further out your arch should be.

● **Tend to your brows every day.** It might seem like a chore but it's easier to tell which ones should stay and which should be removed. Eyebrows are sisters, not twins. Don't expect them to ever look identical.

● **Slanted tweezers are the easiest way to remove hairs in bulk,** while pointed ones are ideal on short and fine hair for targeted plucking.

● **Start from the inside (nose side) and go outwards.** Tweeze a few hairs

from each brow, rather than just working on one at a time. You've less chance of overplucking on one side. Tweeze from underneath, not above the brows.

● **If you make a mistake, grow it out.** Don't continue plucking or you can distort its appearance.

● **Make-up can help you look more polished** but you should never be able to see where the hairs stop and make-up starts.

● **Pencils are great for drawing in shape.** Use light brush strokes as if you were painting, rather than colouring in. Shadow works well for those who want to colour the hair and skin. Using a small brush, comb through the colour.



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# 'I'll never stop, Harrison's life depends on it'



When dating dad Alex Smith, 39, was told his son had a terminal muscle-wasting disease, he refused to take it lying down

**N**o cure – those words rang in my ears as my wife Donna and I sat in front of the consultant in complete shock.

Our eldest son, Harrison, had just been diagnosed with the genetic muscle-wasting condition, Duchenne muscular dystrophy.

It affects one in 3,500 male births, causing the muscles to get progressively weaker.

The doctor said Harrison, then four, would be in a wheelchair by the time he was 12. He was likely to die in his twenties of respiratory or heart failure, as the muscles of his heart and lungs weakened, too.

Worse, he told us there was nothing we could do to

improve his chances.

Harrison, playing with toys in the corner of the room, looked so healthy that it was hard to believe he was poorly, never mind dying.

Too stunned to cry, it was only later that Donna and I hugged each other and wept.

We'd taken Harrison to a

consultant pediatrician after noticing him bumping into things and falling over without putting his hands out to break his fall.

Several blood and DNA tests later, we got the grim diagnosis. We had to get his little brother, William, then two, tested, too.

Thankfully, he didn't have it – a huge relief. But it didn't make dealing with our eldest's diagnosis any easier.

We were struck by the lack of hope surrounding the disease. Our consultant told us to take Harrison home, love him, and give him a good life.

It was like we were being told to just give up on him.

But I wasn't going to watch helplessly as he wasted away.

I had to do something positive. So, with Donna's help, I set up a charity, Harrison's Fund, to raise money for research to find a cure for this cruel disease.

But it was a race against time. Harrison was getting progressively weaker.

'You have poorly muscles,'

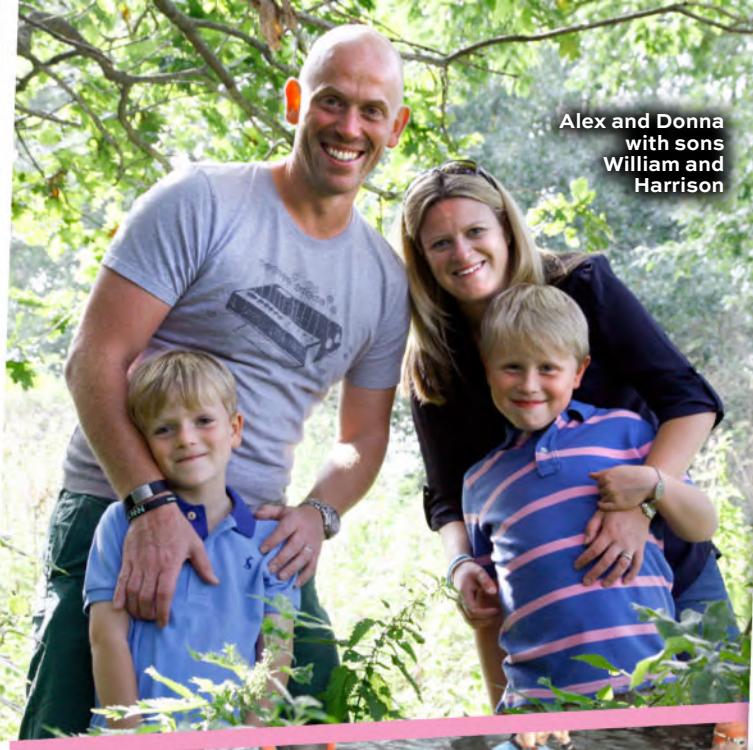
## OUR PRECIOUS BOY



Adorable Harrison, aged eight months



He was diagnosed when he was four



## RACE AGAINST TIME

I'm so proud of him for sticking it out. We raised an amazing £48,000 for Harrison's Fund.

Every pound takes us a step closer to finding hope for Harrison and other children diagnosed with this terrible disease. As long as there's breath in my body, I'll never give up.

**DONNA SAYS,** 'When Alex said he wanted to take Harrison round an Ironman course, I was worried.

'By then, Harrison needed support to get around, so I knew spending hours out in the elements would be tough.

'But, watching them both cross the finishing line with Harrison smiling, I knew Alex had been right. William and I were cheering like mad, and gave them the biggest hug.'

'When Harrison asks if his fund will help make his legs better, we know we can never give up. His life depends on it.'

we told him, when he started getting tired easily, needing a wheelchair to get around.

'Daddy, will your fund make my legs better?' he asked me one day.

'I'm going to keep trying to do that, little man, and I won't stop until I do,' I said.

I had recently done an Ironman triathlon, which involved a 3.8k swim, followed by a 180k bike ride and a 42.2k run.

I decided to do another – only this time, I decided I was going to carry Harrison with me all the way round.

I'd read about an American man who'd done that with

his son, who had cerebral palsy. I knew it was possible with the right equipment.

It was something Harrison could never experience by himself. But, with me as his lungs, his heart and his legs, he could.

The first one I'd done had taken me 13 hours. Donna was worried about how

Harrison would cope, but we agreed to give it a go.

So I signed up for the Challenge Denmark race in Copenhagen and started training. I had a special boat made for Harrison to sit in, to pull while I was swimming, and a buggy

I could tow with my bike, then push during the run.

To help me train, I'd load them both with weights.

But the race, held in June this year, was much harder than I'd imagined.

The weather was dreadful. Harrison was cold and wet, and asked me if we could stop a few times.

'People are depending on us,' I said, and he bravely told me to carry on.

Donna was at the finishing line with William. Seeing Harrison grinning as we crossed it, she looked relieved. It had taken us a gruelling 15 hours and 36 minutes, but we'd made it!

'I was first over the line, so I should get the medal,' said Harrison. He deserved it.

***'The race took us 15 hours but we both made it!'***

- To donate to Alex's challenge, visit [justgiving.com/GreatestIronMan](http://justgiving.com/GreatestIronMan). For more information about the charity, visit [harrisonsfund.com](http://harrisonsfund.com).

# 'I haven't ruled out adopting!'

Good Morning Britain's **Kate Garraway**, 48, on having more children, clashing with her husband and how she's survived 20 years in TV...

You're on screen with Good Morning Britain, present a radio show for Smooth FM, as well as being mum to Darcey, nine, and Billy, six. How do you fit it all in? Derek [Draper, Kate's psychotherapist husband] and I share the childcare pretty evenly. It works out well. He gets up early – but not as early as me – and takes the kids to school. My radio show finishes at 1pm, so I'm usually on hand to pick them up. He is 'fun daddy', who takes them off for adventures, and I'm the practical one, who checks they've eaten fruit, brushed their teeth and are wearing matching socks.

## Are you quite strict, then?

Well, I'm strict about manners. I expect the children to say please and thank you. I'm old-fashioned in that respect. And Darcey doesn't have a mobile phone yet. I've told her she won't get one until she's 16 – but I probably won't get that far. I'm relaxed in other

ways, though. I let them stay up late. Derek works away quite a lot and Darcey will say, 'Can I stay up and watch something on telly?' We have a bank of shows we watch, like Britain's Got Talent and The X Factor.

## KATE'S LOVE AT FIRST SIGHT

Kate Garraway had never heard of her second husband, former Labour spin doctor Derek Draper, until they were introduced by a mutual friend.

'I was in a bar with her [former GMTV political correspondent, Gloria De Piero],' Kate recalled, 'When she said, in her Bradford accent, "Eh, Kate, I've 'ad an epiph-un-ay! You and Derek Draper!"'

Gloria arranged for the pair to meet at a pizza restaurant, after which they had a cup of tea at his.

'It was the least glamorous invite I'd ever had! But I liked him straight away – he was funny and clever,' Kate recalled.

And for Derek, it was also love at first sight.

'I had Darcey 18 months later!' added Kate. 'At that age, you have worked out what you want. We just both knew it was right.'

Kate's only regret is that she didn't meet Derek sooner. Her five-year marriage to TV executive Ian Rumsey ended in 2003.

'I have a profound sense of "if only,"' Kate admitted. 'If only I had known how baby hunger would so resolutely capture me in its grip. But I'm one of the lucky ones. I conceived two beautiful children.'



*He is  
"fun daddy"  
and I'm the  
practical one'*



**You were 39 when you started a family. Do you ever regret not having kids earlier?**

No, I love being a parent. I feel lucky. I have lots of friends who have had difficulties having children and other friends who are still trying. I wanted to have a third child because I didn't want to stop once I'd started, but it would be unrealistic to say I wish I'd started earlier. If I had, I wouldn't have met Derek, and I wouldn't be in the position I'm in now.

I wouldn't rule out adoption, although it's not something I'm looking at currently. I wouldn't rule out fostering in the future either but, at present, life feels full and if I were to adopt or foster, I would have to be in the position where I could give a child the benefit of my time.

**In hindsight, would you have considered having your eggs frozen when**

#### **you were younger?**

I don't think so. I'm certainly not against it for other women, but I was lucky in that pregnancy worked out for me in the normal way. I don't like to put an age on motherhood because I don't believe any woman should judge another. I have a friend who had a baby at 52 after many years of trying, and I have another friend who has just had her first child, after trying for 17 years – she is 47. It's not for me to say what time is right for another woman.

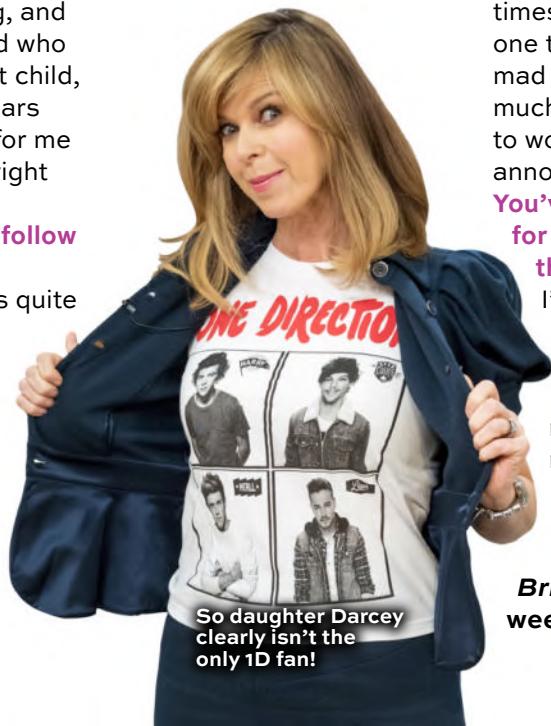
#### **Do the kids want to follow mum into showbiz?**

Rock and pop star is quite high up on Darcey's agenda, but she also wants to be a vet in Africa. Billy would like to be Spider-Man when he grows up – and the times they bring the movie franchise back,

he'd probably stand quite a good chance – I might put his name down for 2025! Neither of them have said they want to be famous. Darcey just wants to meet Harry Styles – that's her goal at the moment.

#### **What's harder – looking after the children or going to work?**

When I took Billy for his



first day at school, I was crying at the gates because I had to go to work. It just so happened I had to interview Will Smith, so there wasn't much sympathy from the other mums! I'm lucky to have an amazing job and be able to spend time with the kids. Both seem to involve a lot of sleep deprivation, so it's fun to go to work, put heels on and have my hair blow-dried.

**Derek's a psychotherapist. Do you feel he's analysing you every time you have an argument?**

[Laughs] I feel like he's qualified to be in the right! He actually claims he doesn't psychoanalyse me. It's not something you would have the energy to do in everyday life, unless someone's behaviour is extreme. I hope I fall into the 'average-ly bonkers' bracket, so I don't come under too much scrutiny. In truth, the only friction in our household is my untidiness. Derek's incredibly organised. I'm lucky if I can find my keys two days in a row, and I lose my phone 10 times a day. That's the one thing that drives him mad and it doesn't take much psychoanalysis to work that out – it's annoying to everyone!

**You've done morning telly for 20 years. How does that make you feel?**

I'm just glad to turn up each day and have a job! Is 20 years of getting up in the middle of the night really an achievement? I'm very cheap, so that helps.

**• Good Morning Britain is on ITV, weekdays, 6-8.30am**

# best STYLE ICONS



## JESSICA ALBA

*It's time to banish skinny jeans to the back of your wardrobe and invest in a pair of flares. As Jessica Alba proves, teamed with a classic jacket and pair of platform sandals, they create a flattering, leg-lengthening look*

### JACKET

A tailored jacket can be your best friend at this time of year. It's the perfect cover-up on cooler days and looks equally stylish over a simple summer dress. Take a style tip from Jessica and opt for white instead of black, as it's a much softer option for this time of year.

### JEANS

This retro style is high in the waist, which makes it ideal if you want to slim your tummy. It's also a flattering option if you have a boyish figure, as it can create an hourglass shape.

### SHOES

The key to looking smart in flares is keeping the hem off the ground. Copy Jessica and team with a pair of cork heels to channel your inner Farrah Fawcett!

# Ste Jessica Alba S

Blazer £99,  
M&S



Belt,  
£7.99,  
New Look

Heels,  
£35,  
Next

# all her look

steps back in time to create an on-trend look

Top, £7.99,  
New Look

Necklace,  
£10,  
Accessorize



Bag,  
£24.99,  
New Look



Jeans, £25,  
very.co.uk



## DATE NIGHT

This stylish combination allows you to dress down without looking too casual. Choose a blazer with a nipped-in waist if you want to keep your top half lean and lovely!



Top,  
£28,  
Next



Necklace,  
£12.50,  
Dorothy  
Perkins



Jeans,  
£14,  
Peacocks



Bag, £99,  
M&S



Sandals,  
£45, White  
Stuff

Suede,  
£24.99,  
H&M



## WEEKEND WONDER

If you want to dip your toe into this trend, try a bootcut style for a safer option. Team with a simple shell top and pair of pretty flats for a relaxed look



**PERFECT PLATFORMS**  
Give your wardrobe a lift with these high summer must-haves



Metallic,  
£32, River  
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Cork,  
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Gold,  
£24.99,  
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Top, £18  
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# The great over baby con...

**W**e're so used to seeing female celebrities over the age of 40 parading their newborn babies, you'd be forgiven for thinking that having children later in life can happen at the drop of a hat.

But experts have warned that famous late-life mums are giving women false expectations of the chances of having children over 35.

Doctors say it's likely many celebs who become pregnant after 40 have undergone expensive fertility treatment, possibly using donor eggs.

Professor Adam Balen, of the British Fertility Society, said, 'While, of course, many women over 40 do conceive naturally, you do hear lots of good news stories about celebrities who have given birth at an older age.'

'And, of course, nobody knows the number of celebrities who may not have been able to have babies, either because of infertility or fertility treatment that has been unsuccessful.'

'If more celebrities were prepared to speak out, it would do the world of fertility medicine a lot of good.'

But, if you've delayed starting a family, and think IVF is a fail-safe plan, recent reports show, after the age of 38, most IVF treatments fail.

Dr Marta Devesa, who led

Fertility experts say famous late-life mums give normal women false hope

a study on 4,195 women aged 38 and over at the Dexeus Clinic in Barcelona, said women in their mid-40s have as little as a 1.3 per cent chance of any IVF treatment working.

She warned, 'Women should be encouraged to have families earlier, or freeze their eggs by 35.'

Women in their 40s now outnumber teenagers in British maternity wards, and it's clear high-profile stars set an example.

Salma Hayek and Halle Berry, both 48, had their first children at 41.

And when Halle fell pregnant five years later, with son Maceo, to French actor Olivier Martinez, she admitted she hadn't thought it would be possible.

Halle said at the time, 'I thought I was past the point where this could be a reality for me. It's been a big surprise.'

Singer Mariah Carey, 45, revealed that she struggled to conceive after a 2008 miscarriage, and had twins, Moroccan and Monroe, now four, with ex-husband Nick Cannon, 34, through IVF.

'It was a difficult time. I was on progesterone every month to get pregnant,' she said.

'I don't think I quite

understood the enormity of what pregnancy really does to your body,' she added.

Older mothers are more at risk of high blood pressure and diabetes, needing a Caesarean or having a stillborn child.

Nicole Kidman, 48, also said she had a 'roller coaster ride with fertility.'

After the birth of her first biological child, Sunday Rose, now six, at 40, she decided to use a surrogate to carry Faith, now four, in 2011.

'I had tried and failed and failed and failed,' said Nicole, who is married to country singer Keith Urban, 47.

'Anyone that's been in the place of wanting a child knows the disappointment, pain and loss that you go through trying and struggling with fertility.'

These problems concern experts like Professor Geeta Nargund, Lead Consultant for Reproductive Medicine at St George's Hospital, London.

She said, 'On average, more IVF treatment cycles are required for a successful pregnancy. So educating people about fertility is very important for the public



Salma had Valentina at 41

purse, because it will help us to get more babies within the same NHS budget.'

For women working out the 'right time' to start a family, the threat of a fertility time bomb is added pressure.

And fertility always has the last word – sadly for some, it's just not the one they were hoping for.

# 40s

A 'roller coaster ride':  
Nicole struggled  
to get pregnant



Mariah opened  
up about her  
IVF journey



*I was very  
angry with  
everyone who  
had children'*

## CASE STUDY

### I'LL ALWAYS REGRET LEAVING IT TOO LATE

After two failed IVF attempts, Samantha Brick, 44, has had to accept that she'll never have children

**She says** My mum had me at 19 and, even though that was normal back then, I could tell she felt she'd missed out on a lot: holidays, a career, having any real financial independence.

She didn't want me to miss out on anything, so from my 20s, she drummed into me to wait to have a family.

I wanted all that, too. I yearned to explore the world. Babies were the last thing on my mind.

Of course, there were loads of Mr Rights in my late teens and early 20s, but if I'd have ended up pregnant, my biggest fear was that I'd be working on the tills in Tesco – like everyone else I went to school with.

I was sensible, though. I had my fertility checked out at 30 and again at 35 – tubes, uterus, egg count, hormone levels – so I was lulled into thinking I had plenty of time.

When I was 36, I fell head-over-heels for a handsome Frenchman. Within a

year, Pascal and I were married and talking about starting a family. But when nothing had happened after a year, I was referred to a specialist.

But two rounds of IVF and £20,000 later, we were still childless.

When the call came after the second round, saying none of the four embryos had implanted, I clearly remember thinking that was it. I was 42.

My world had fallen apart. I was very angry with everyone who had children: my sisters and even my best friend who fell pregnant during my first round of IVF. I was so low my doctor prescribed me anti-depressants.

It took me a year to really mourn and come to terms with not being a mum.

With hindsight, I've realised there's never a perfect moment to have a child, it's something you need to do sooner rather than later – I wish I had.

Falling pregnant at 46 was a real shock for Halle



Samantha was  
prescribed  
anti-depressants

# THIS WEEK...

## How to net a REAL holiday bargain

Our easy guide to grabbing a getaway for less...



### THE TOP TRICKS

Mid-week bookings are always cheaper but, if you need to travel at the weekend, a more formal business hotel will have better availability, with more chance of getting a discount. Go for the cheapest room that you'd be comfortable in, then try to wangle an upgrade. For flights, a comparison site like Skyscanner will help you get the best deal. Sometimes, flying out of one airport and returning into another can save loads. Flying at unsociable times is usually cheaper, too. Due to the recent tragedy in Tunisia, check the Foreign Office for safety data beforehand, or visit [gov.uk/knowbeforeyougo](http://gov.uk/knowbeforeyougo).

**WHAT DO YOU THINK?**  
Tell us your views  
at [BestDaily](http://BestDaily)

**best**  
[daily.co.uk](http://daily.co.uk)

**Cashback Queen**  
With money-saving guru  
**Sarah Willingham**

If you're planning to go away for between a week and a fortnight, and can be flexible with your dates, check out sites like easyJet Holidays, lastminute.com and Expedia for last-minute packages. These bargains include flights and accommodation, and you can get some great deals around a fortnight before you want to head out. When you find a holiday or hotel that takes your fancy, call the hotel direct and haggle – you could save even more if you speak to the reservations team in person. Holiday Inn say that you always get the best price from them if you book direct.



### THINGS TO WATCH OUT FOR

If your bargain holiday is to a 'secret hotel' (you won't know the name until you get there), you can usually identify it by googling the description and checking reviews. Some packages offer extras, like transfers, but you can often get much cheaper transfers if you book them independently. Visit [resorthoppa.com](http://resorthoppa.com). Also, the airlines have different rules about buying seats for children, and how much equipment you can bring on board for free. Easyjet charges a flat rate of £22 for under-twentwo, with two pieces of equipment free (eg car seat, pushchair, travel cot). It's worth checking what meals and drinks are included in your package, while [tripadvisor.co.uk](http://tripadvisor.co.uk) can advise on the cost of meals, day trips and museums.

### WHAT IF IT GOES WRONG?

Make sure your package holiday is ATOL-protected, so you won't lose your money if the tour operator goes bust. If you're disappointed, speak up straight away – the operator or rep may not realise something has gone wrong, and if you don't give them the chance to rectify it, you'll be on weak ground if you claim compensation later. Be friendly and reasonable, and try to keep evidence. If it's a serious problem, you'll be needing written, photographic and video evidence and, if appropriate, the contact details of witnesses. Want to take things further? Write to the company, simply stating the facts.

### FACTS

- Brits spend an average of £86 a night for hotel rooms in the UK and £108 a night for rooms abroad.
- A recent survey of over 5,000 *Which?* members found that almost HALF of all holidaymakers have felt let down by their accommodation.
- A few years ago, I was set a challenge by a TV show who found me a holiday for a family of four in Portugal during the school holidays, for £3,173. By phoning around and haggling, I got it for £2,022 – £1,151 less.

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They take so little time to cook!

## Barbecue shrimp marinated in chilli & soy

### SERVES 4

- 500g raw tiger prawns/jumbo shrimp, peeled but tails intact
- 250g cherry vine tomatoes
- 4 tbsp olive oil
- 1 large green bell pepper, deseeded and cut into 3 cm (1¼ inch) chunks
- 2 red jalapeño chilli peppers, deseeded and cut into 1 cm (½ inch) pieces
- Watercress and toasted pitta, to serve
- Aioli, to serve

### MARINADE

- 1 garlic clove, crushed
- 1 fresh red chilli, seeded and finely chopped
- 1 tbsp sesame oil
- 2 tbsp dark soy sauce
- Grated zest and freshly squeezed juice of 1 unwaxed lime
- 2 tbsp dark brown sugar

To make the marinade, mix together all the ingredients and blend to a smooth purée using a hand blender. If you don't have a hand blender, grind to a paste using a pestle and mortar.

Put the prawns/shrimp in a sealable food bag and pour in the marinade. Seal securely. Shake vigorously and when all

the prawns/shrimp look well coated, refrigerate, still in the bag, for about 2 hours.

Put the tomatoes and half the olive oil in a small saucepan and gently warm for 5 mins, or just long enough for the tomatoes to start to soften. Remove from the heat and leave to cool.

Prepare the barbecue/grill. Take the prawns/shrimp out of the bag and place on a plate, reserving any remaining marinade. Thread the prawns/shrimp, tomatoes, pepper and chilli on to the skewers in a repeating sequence. Make sure you allow for enough of each ingredient on each skewer, and leave enough space at the ends of the skewers to handle when on the barbecue/grill.

In a small bowl, loosen the reserved marinade with 1-2 tbsp of the remaining olive oil. Using a pastry brush, liberally coat the skewers with the marinade just before placing them on the barbecue/grill.

Cook for a couple of mins on each side until the prawns/shrimp turn pink and are cooked through. Serve with watercress, toasted pitta bread and a good dollop of aioli.

Try to get good quality pitta when making these.



## Souvlaki in pitta

### SERVES 4

- 4 large pitta breads
- Water and olive oil, to moisten the bread
- 2 tsp chopped fresh oregano, or 1 tsp dried oregano, crushed
- 2 tbsp freshly squeezed lemon juice
- 1/2 onion, coarsely grated
- 2 tbsp olive oil
- 500g (1 lb) lean pork, cut into 2cm (3/4-inch) cubes
- Salad of your choice, such as

lettuce or cabbage, thinly sliced

- Cucumber, sliced
- 1 red bell pepper, sliced
- Tomatoes, cut into wedges
- Radishes, cut in half
- Red onion, sliced into rings

### GARLIC DRESSING

- 100ml (1/2 cup) plain yoghurt, drained
- 4 garlic cloves, crushed
- 5cm (2 inches) cucumber, coarsely

# grilling!

THESE NEW IDEAS FOR KEBABS ARE PERFECT FOR THE GRILL AND EVEN BETTER ON THE BBQ



**grated, then squeezed dry**  
• 1/2 tsp sea salt

Brush or sprinkle the pitta breads all over with the water and oil and either grill or bake in a preheated oven at 180°C (350°F) for 3 to 5 mins – long enough to soften the bread, but not dry it.

Cut off a strip from the long side, then pull open and part the sides of the breads to make a pocket. Push the strip inside and keep the breads warm.

Prepare the grill/BBQ. Put the oregano, lemon juice, onion and olive oil in a bowl and mash with a fork. Add the cubed meat and toss

well. Cover and marinate for 10 to 20 mins.

Drain, then thread the meat on to metal skewers. Cook on a preheated BBQ/grill for 5 to 8 mins, until golden outside and cooked through. Put your choice of salad ingredients in a bowl, toss gently, then insert into the pockets of the pittas.

To make the dressing, put the yoghurt in a bowl and beat in the garlic, cucumber and salt. Add a large spoonful to each pitta pocket. Remove the cooked meat from the skewers, then push into the pockets. Serve immediately, while the meat and bread are hot and the salad still cool.

## Souk kebabs with roasted cumin and paprika

**SERVES 4**

- 1-2 onions, grated
- 2 tsp of sea salt
- 500g lean shoulder of lamb, trimmed and cut into bite-size cubes
- Freshly squeezed juice of one lemon
- 2 tsp cumin seeds, roasted and ground
- 1-2 tsp paprika
- A small bunch of fresh flat-leaf parsley, finely chopped
- Freshly ground black pepper
- 1 lemon cut into wedges, to serve

Put the grated onion in a bowl and sprinkle with the sea salt. Set aside to ‘weep’ for 10 mins, then force it

through a sieve, or with your hands, to extract the juice.

Put the lamb in a bowl and pour over the onion juice. Add the lemon juice, cumin seeds, paprika, herbs and black pepper, to taste.

Toss well, so that the meat is thoroughly coated in the marinade. Cover and chill in the fridge for at least 2 hours, or overnight, to allow the flavours to penetrate the meat.

Prepare the grill/BBQ. Thread the marinated meat on to skewers and place them on the grill. Cook for 3-4 mins on each side, until cooked through, and serve immediately, with wedges of lemon to squeeze over them.



Extracted from:  
*101 BBQ & Grill Recipes*, compiled by Dan Vaux-Nobes, published by Ryland Peters & Small, at £12.99. To pick up a copy for the special price of £9.99, including free p&p, call 01256 302699, quoting GLR Code CQ8

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# Beauty Blog



Look gorgeous  
with **Patsy Kensit**

These must-haves are brilliant if you're jetting off, and also work wonders back home...

# Holiday heroes



## FACE UP TO PROTECTION

OK, **Clarins UV Plus Anti-Pollution SPF 50, £32**, is designed for city skin – but, as I never like to expose my face to the sun, I'm taking it on holiday! Not only does it give you a protection factor of 50 to guard against UV rays, it also helps prevent pollution and free radicals from damaging your skin. In fact, this is one item you should invest in all summer long. Best of all, it's got a fabulous, light and transparent finish, so you don't look like a ghost after application – simply brilliant!



## BAG A BEACH BODY!

**Ciaté Bikini Body Balm, £22**, is a real find.

Just sweep the generous buffer over your body to create a gorgeous shimmer and glow. It's easier to apply than body oils, as it leaves skin feeling soft but non-greasy. Also, it's easy to pack – the solid formula won't spill or leak. You can also use it when you return to extend the life of your sunkissed glow.



## MINI ME!

Thanks to airport restrictions, this is one time of year when size really does matter. If you're adventurous with your make-up on holiday, the good news is that you don't have to scrimp on products. Simply stock up on the new **Kiko On-the-Go Minis, £4.90-£7.90**.

The range includes blusher highlighter, duo eyeshadow, and my favourite Twister gloss lipgloss, which contains three shades in one. Mix them together to create a bespoke colour you'll love.



## SOS FOR HAIR

Most of us worry about protecting our skin in the sun, but give little thought to our hair. A fortnight's break can leave even the best-behaved hair ravaged and dry. Minimise the damage by investing in a special shampoo and intensive conditioner, such as **Paul Mitchell Sun Recovery Hydrating Shampoo, £12.25**, and **After Sun Replenishing Masque, £14.25**. The shampoo helps lock in your colour and, as it's sulphate-free, will be kind to your strands at the same time. Follow with the replenishing masque to help make beach hair more manageable.



TURN TO PAGE 40 FOR MORE  
SUN PROTECTION ADVICE N

# Your best tan

FOLLOW OUR SIMPLE RULES  
FOR A GOLDEN GLOW... **EVER!**

## Get suncare savvy

Forget just avoiding sunburn – the latest products boast extra benefits to help you look your very best, whatever your skin type.

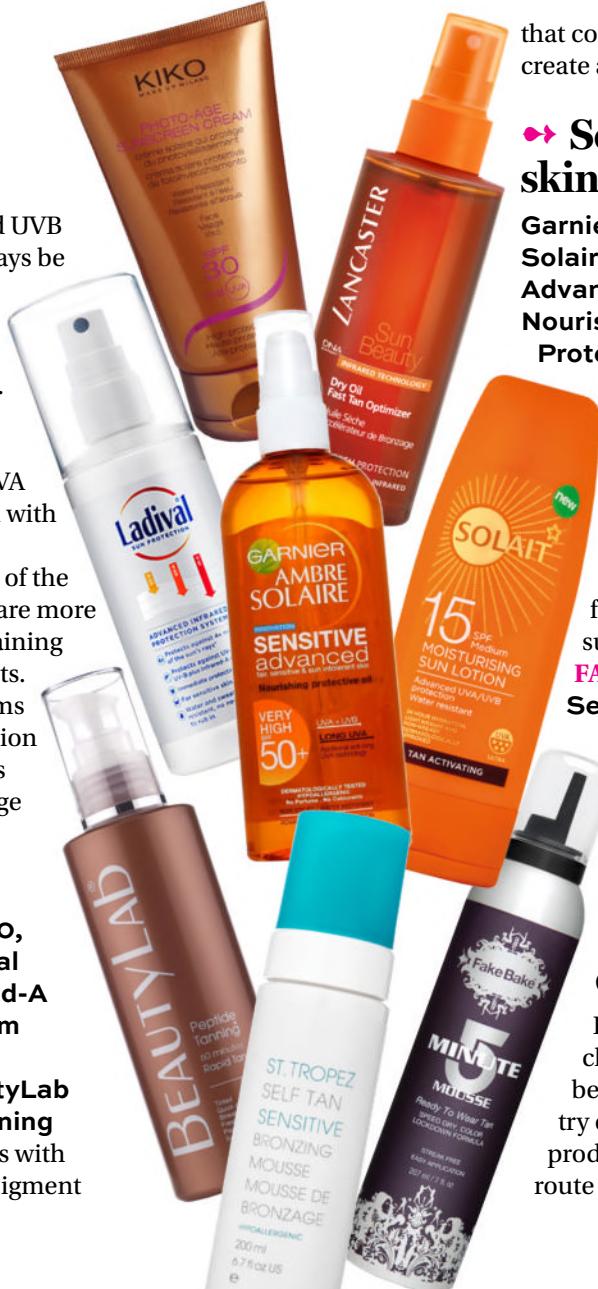
### ► Multi-spectrum protection

When it comes to sunscreen, UVA and UVB defence should always be your first priorities, creating a barrier against premature ageing and burning. The SPF number determines UVB protection, while UVA defence is classified with a star rating.

In addition, some of the latest formulations are more sophisticated, containing valuable antioxidants.

Look out for creams that provide protection against infrared rays (which cause damage to the deepest part of the skin), like **KIKO Photo-Age Sunscreen SPF30, £11.99**, and **Ladival Advanced Infrared-A Protection System SPF30, £19.99**.

**FAKING IT? BeautyLab Peptide Skin Tanning Lotion, £20**, works with your melanin (the pigment



that colours your skin) to create a natural-looking tan.

### ► Sensitive skin saviours

**Garnier Ambre Solaire Sensitive Advanced Nourishing Protective Oil SPF50, £8.50**,

is free of colourants and perfume, minimising the risk of irritation for fair, sensitive and sun-intolerant skin.

**FAKING IT? St Tropez Sensitive Self Tan, £25**,

is gentler than many other self-tan formulas but still provides a gorgeous, even result.

### ► Quicker colour

If you struggle to channel your inner beach babe on holiday, try one of the new products that offer a fast route to a golden glow. The



### Portion control

We may think we slather on loads of cream, but most of us are using less than half the amount required to get the level of SPF shown on the bottle\*\*. So how much do we need? 'Use a teaspoonful for the face, a dessertspoon for the limbs and a tablespoon for the trunk,' advises Dr Susan Mayou, consultant dermatologist at Cadogan Cosmetics.

activator in **Lancaster Sun Beauty Dry Oil Fast Tan Optimizer SPF50, £24**, and **Superdrug Solait Tan Stimulating Lotion, SPF15, £9.99**, means you develop a gorgeous colour in a shorter amount of time, limiting the amount of sun exposure needed.

**FAKING IT? Fake Bake 5 Minute Mousse Ready To Wear Tan, £19.95**, delivers a glow in double-quick time. Just remember to use a mitt to avoid streaks.

We all know we need to stay safe in the sun, but research shows that almost two-thirds of UK women feel more confident with a tan.\* Our pick of the latest products will help you look gorgeous while protecting your skin, whether you're jetting abroad for some real sun or faking it at home...



## Where to apply it

'Everywhere,' is the short answer, but it's a little more complex than that. 'If you burn an area of skin, it'll be more sensitive to burning next year,' warns Clare O'Connor, Boots suncare expert. Pay extra attention to these areas, and to body parts where your skin is thinner, like the tops of your ears. 'If the cream starts to "ball up," you've rubbed too hard, so remove any residue and gently smooth on a new layer,' says Clare.

'You should also apply it before going outside, so it absorbs well and is less likely to rub off,' she continues. At least 20 minutes before going into the sun is ideal.



## When the sun goes down

The right products won't strip your skin of its natural oils and jeopardise your tan, whether it's real or fake. With scrubs, oily formulas are best avoided if you're faking your tan because, even when it's washed off, residue can create a patchy appearance. The formula in **Xen-Tan Fresh Prep Scrub, £17.99**, adjusts the skin's pH to give you a headstart towards an even colour.

**For All My Eternity Tan Saving Shower Gel, £12.99**, uses super-moisturiser glycerine to keep your complexion soft, preventing peeling with real tans and patchiness with fake ones.

The sun is naturally dehydrating, so take advantage of the nighttime hours to pack the moisture back in. **Ultrasun Overnight Summer Skin Recovery Mask, £38**, contains hyaluronic acid or, if you want to boost your glow, apply a layer of **UTAN Nourishing Night Crème, £25**, which gradually develops a sun-kissed colour while you slumber.

# SUMMER BREAKS



**F**or a limited period only, readers can book three or four-night summer breaks from just £54, and summer school holiday dates from only £99!

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4 nights (Fri – Mon)	20, 27	3, 10, 17, 24

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# SIZZLING-HOT READS for summer



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# A family united



Precious memories of holidays with lovely Mum



**No matter what age you are, it's devastating when you lose your mother.**

From the moment our mum, Julie, suffered her first stroke in October last year, it was clear she was unlikely to recover. She was 89, frail and had quickly slipped into unconsciousness. To see her in hospital was heart-breaking. She didn't know who we were, and she never really woke up again.

When I got that phone call to say she had died, I felt an immediate sense of relief – we all did, as we wanted her to go with some dignity.

Mum was a showgirl at heart, and always took great pride in her appearance – I never once saw her without her make-up.

Every morning she would rise at 7am, read a page from her daily prayer book, and take her beloved dog, Freddie, for his walk.

My lasting memory of her is from my wedding to Emma in May last year. Mum looked



radiant, and laughed and cried throughout.

It was one of the last days she spent with her family, and for that I feel truly blessed.

Not long after the wedding, I realised her memory had begun to fail. She was confused, and would get our names mixed up.

During one of the last conversations I had with her, she told me about her days as a dancer, during the war.

She moved to London at the age of 17. Her dream was to be a ballet dancer, and



We both enjoyed every minute of my wedding day

one of her first jobs was at the Pigalle Theatre in London's West End, in 1945.

She heard the dull thud of the bombs as they fell on the city during the London Blitz, but continued dancing as the theatre shuddered.

Once the show was over, she'd often spend the night sleeping on the platform of the London Underground.

Mum was fearless – she had her faith, and that was all she needed. Later, when she met and married Eric, he provided the love and financial stability she so richly deserved.

Her sense of humour was legendary. She loved life, and was the heart and soul of any party. I remember being a teenager, growing up in our lovely house in Elstree with my brothers. We lived next

# in grief



Relishing the spotlight as a young dancer



We'll never forget our fantastic, formidable mum

door to the likes of Liz Taylor and Richard Burton, Roger Moore and Bette Davis, which gave us all a taste for showbiz glamour. This was Mum's world, and she lived and breathed every minute.

One of my favourite stories is about the day she met her favourite film star, Gregory Peck, who apparently got her drunk (very easily) on ouzo. She came home three hours later singing *The Sound of*

*Music*, then burned the Sunday roast. Dad (Eric) was not amused.

As Simon's celebrity grew, Mum was in her element. She loved coming to the *X Factor* final, and would sit in Simon's dressing room chatting to the guest stars. One of her favourites was Michael Bublé, who reminded her of a young Frank Sinatra.

Mum revelled in the fact that Simon had become a



## Cowell Confidential

Best columnist **Tony**, brother of **Simon Cowell**, pays a poignant tribute to their beloved mum, Julie, who sadly passed away last week

star, and was immensely proud of him. In the end, she became a celebrity in her own right, often judging her local talent shows in Brighton.

Her favourite gig was judging the kids' annual sandcastle competition held on Christmas day at Sandy Lane in Barbados. She really made us laugh, strutting along the beach in the sun, clutching her clipboard.

We were all in shock when, in 1995, she was diagnosed with breast cancer, but she had

surgery to remove the lump, and slowly recovered, staying upbeat and confident throughout the treatment. She later became Honorary President of Against Breast Cancer, working tirelessly to help the charity find a vaccine.

Today, I feel for all my family, including Simon, who must live out his grief in the glare of the spotlight. That's not easy, but the Simon I know and love will come through. Like Mum, he's a fighter – he never gives up.

Mum's death has hit us hard, but I know she'd want her boys to move on.

I only wish baby Eric could have had more time to get to know how wonderful his grandmother was.

As Simon said the night she died, 'Mum is at peace now. We will never forget her and how she loved us all so much.'

She was a great woman who made so many people smile.

Her favourite song was *She* by Charles Aznavour, which we plan to play at her funeral. This line from the song is perhaps how I will remember her: 'I'll take her laughter and her tears and make them all my souvenirs.'

● **Julie Cowell was passionate about two charities, Against Breast Cancer and the RSPCA. A Just Giving page has been set up in her name: [justgiving.com/teams/JulieCowell](http://justgiving.com/teams/JulieCowell)**

## SIMON'S ANGUISH...

**TONY'S BROTHER received a standing ovation when he arrived at the Manchester studios for the *X Factor* auditions last week.**

A subdued Simon is said to be 'devastated' at his mum's death, but told fans: 'This was my mum's favourite show, so I'm doing it in memory of her.' Simon, 55, thanked his 12 million Twitter followers for their support: 'My family lost someone very special on Sunday. My Mum. I am overwhelmed with gratitude for all of the kind messages received.'



Simon and our mum adored each other

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### STRAIGHT CLUES

#### ACROSS

- Had an influence upon (8)
- The Dark Continent (6)
- Man-made waterway (5)
- Twenty four hours ago (9)
- Audited, or vetted (9)
- Diagram of figures, etc. (5)
- Slimmer's food list (4)
- Belonging to them (5)
- Juju, sorcery, etc. (5)
- Aspiration (4)
- Rose spike (5)
- Not accurate (9)
- Group of musicians (9)
- Publish, or hand out (5)
- Mighty (6)
- Underlined, emphasised (8)

#### DOWN

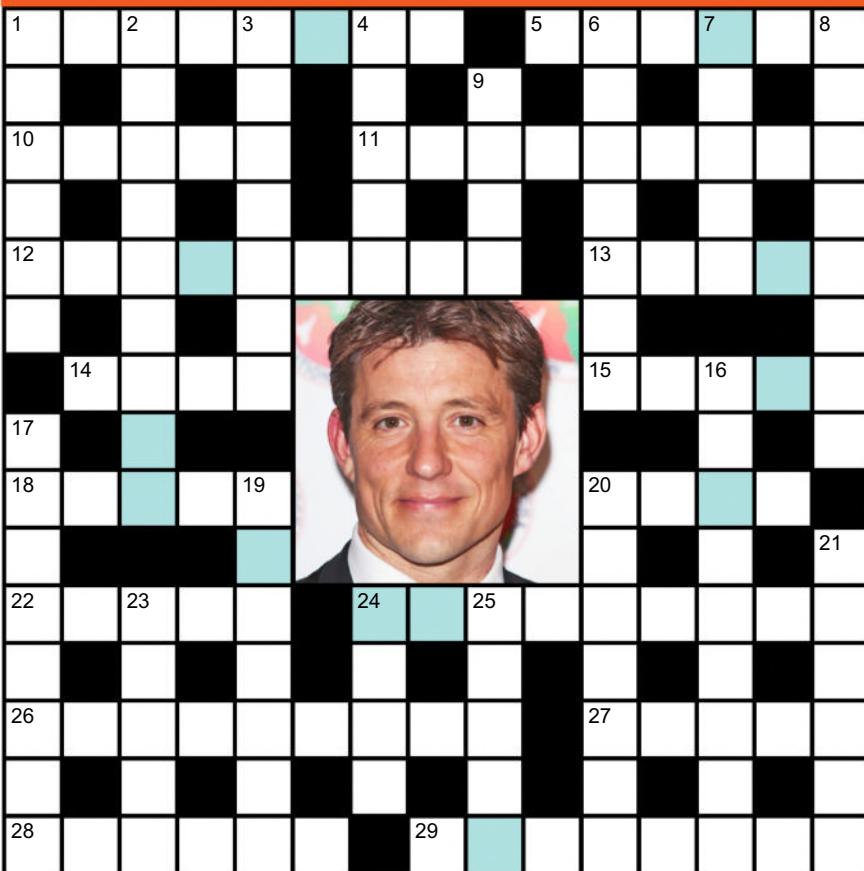
- Of the North Pole (6)
- Ceasing (9)
- Amass (7)
- Land of the Pharaohs (5)
- Goods carried (7)
- Asian sub-continent (5)
- In no specified spot (8)
- Second-hand (4)
- Non-stop trains, etc. (9)
- Personal feelings (8)
- Worry, or involvement (7)
- Novel's leading woman (7)
- Listen, be aware (6)
- Happen (5)
- Enthusiastic about (2, 2)
- Maritime map (5)

### CRYPTIC CLUES

#### ACROSS

- Pretended to be influenced (8)

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- A car, if moving, gets to the continent (6)
- Waterway formed in a Panamanian-American alliance (5)
- Steady rye production in the recent past (9)
- Checked over 10 spiced ingredients (9)
- Chart placed in the photographer's studio (5)
- Carelessly edit this regime of personal consumption (4)

- Things belonging to them in that place, we hear (5)
- Mum and Grandma in cahoots initially showing supernatural power (5)
- Right ho! Perhaps it contains optimism (4)
- Spike moving North? (5)
- Cor! Cretin turned out to be wrong! (9)
- Carthorse trained with a group of players (9)
- Problem children (5)
- No good leaders

following another sort which is powerful (6)

- Desserts returned under pressure (8)

#### DOWN

- Mixed-up critic taking article for icy starter is very cold (6)
- Putting neat touches to ending (9)
- Get together for prayer (7)
- Every good young person truly leads the country (5)

WIN  
£550

- Fight about inside cargo (7)
- Country in aid distribution (5)
- Weary hen struggling in no particular place (8)
- Exploited us, Eddie did partially (4)
- Puts it into words and sends it by fast carrier (9)
- Oriental movements creating strong feelings (8)
- Business worry (7)
- She's brave, taking one drug after another! (7)
- Be present there and pay heed (6)
- Take place in our cricket club shortly and roughly (5)
- Keen on it? No, strangely! (2, 2)
- A map or some such article (5)

### ANSWERS CROSSWORD 24/15 MAMMA MIA

- ACROSS**
- Fenced 5
  - Handsome 9
  - Champion 10 Beauty
  - All 12 Election 14
  - Weed 15 Tools 17
  - Leads 18 Host 19
  - Absorbed 23 Tor 25
  - Creeks 26 American
  - Advances 28
  - Streams
- DOWN**
- Echo 3
  - Commanded 4 Drill
  - Hence 6 Noble 7
  - Smart 8 Motionless
  - Remembered 16
  - Otherwise 20 Opera
  - Basic 22 Deals
  - Teems 24 Warm

## best PRIZE PUZZLES ENTRY COUPON ISSUE 28

1 Crossword ANSWER CODE: PUBSTN14782

Send to: Best Prize Puzzles (28/15), Hearst Magazines UK, The Data Solutions Centre, Worksop S80 2RT. Print in ink.

One entry per household. Postal entries to reach us by closing date of 30 July 2015. Winners will be drawn at random from correct entries received by post and phone. Names and addresses of winners available on request. No correspondence can be entered into. The editor's decision is final.

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Date of birth\*\* \_\_\_\_\_

Home telephone\*\* \_\_\_\_\_

Mobile telephone\*\* \_\_\_\_\_

E-mail address\*\* \_\_\_\_\_

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POSTED TO THE NAME  
AND ADDRESS AS  
WRITTEN LEFT.  
PLEASE TAKE CARE  
WHEN COMPLETING  
THE COUPON!

\*For full T&Cs see p3. We will use the information you supply to process your competition entry. For our privacy policy visit [hearst.co.uk/dp](http://hearst.co.uk/dp).  
\*\*optional information

Lines open 14 July 2015 till midnight on 27 July 2015 (closes 30 July 2015 for postal entries). Over 18s only. †UK Calls cost 65p per min, plus your telephone company's network access charge (ROI 97p per min), and should last no longer than 2 mins. UK SP: Spoke (0333 202 3390). ROI SP: Phonovation/Spoke (01437 8815). To enter by post, use coupon, left.

# THE entertainment edit

## Joanna Lumley's Trans-Siberian Adventure

Actress Joanna Lumley continues to retrace her childhood roots, as she travels 5,777 miles on the world's longest railway line. After stopping in Beijing, the star travels to the Great Wall, before taking an overnight train into Mongolia. One not to be missed for Joanna fans. As usual, she's absolutely fabulous.

Sunday,  
9pm,  
ITV



It's all  
aboard for  
Joanna  
Lumley

## Secret Life Of Twins

This new documentary explores the fascinating world of twins including 14-month-old Andrew who saved twin brother Malcolm, and Samantha and Anais' chance reunion, years after being separated at birth and given up for adoption.



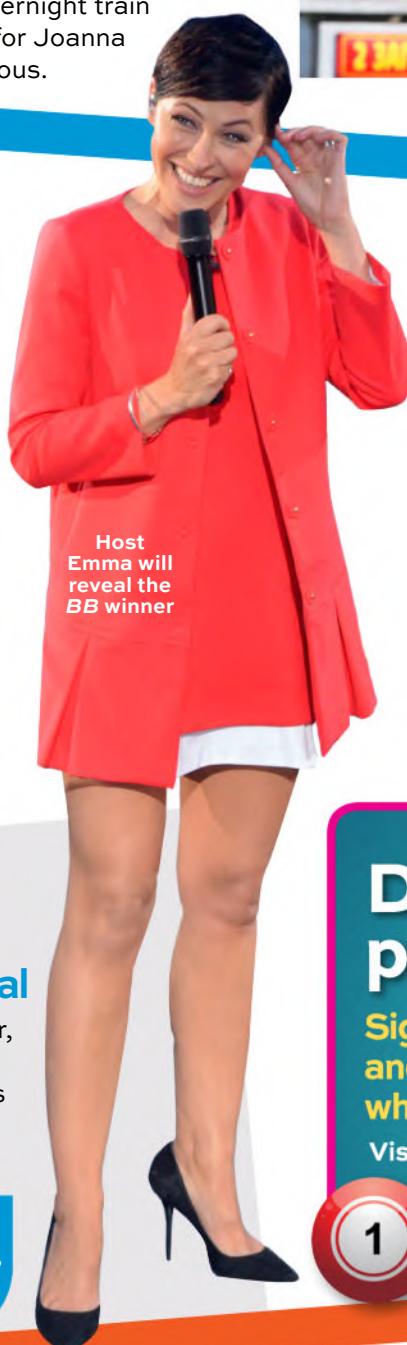
Wednesday,  
9pm, ITV

Reunited:  
Anais and  
Samantha

## Big Brother: The Live Final

Emma Willis crowns this year's winner, before the countdown begins for the celebrity version of *Big Brother*. Stars rumoured to be taking part include *The X Factor*'s Stevi Ritchie, supermodel Janice Dickinson and ex-TOWIE star Dan Osborne. We'll be watching!

Thursday,  
9pm, C5



## NEW SERIES

### OAP Internet Virgins

Internet-loving youngsters help pensioners get to grips with the web in this new series. In the first episode clueless

84-year-old George has 23-year-old identical-twin vloggers Niki and Sammy to assist him with his silver surfing.



Thursday,  
8pm,  
Sky1

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# 'Life's horrible for Leanne'

Corrie's Jane Danson on how Leanne's world is about to crumble as her dark past is exposed...

## After losing Kai and her prostitute past possibly coming to light, how's Leanne feeling?

Life isn't great at all. So many bad things have happened, then Dan comes on the scene as Liz's new boyfriend. The moment she sees him her heart sinks. She thought her past was behind her. Simon doesn't know and she had hoped it would stay that way, so seeing Dan again puts the fear of God in her. Simon isn't old enough to understand the reasons Leanne did what she did, so when Dan plants the seed that he'll tell Simon about her past if she tells Liz about his, she's filled with dread.

## Plus Simon is now behaving badly and attacking her...

Yes, he's gone through so much and it's all coming to a head. He can be quite horrible at times. Not just physically, but also mentally.

## Leanne ends up telling Liz about her past with Dan...

Liz prises it out of her. She clocks them exchanging looks and realises they must know each other and demands to know what's going on.

## What happens next?

Leanne's terrified – she's worried about Simon finding out about her past and feeling let down by her, more than she is about Dan hurting her.

## But Dan is out for revenge...

Yes, he's rough with Leanne, throws her up the stairs to the flat and pushes her around. But it's a mental battering more than anything. Then – when Dan takes her, Simon

and Liz hostage – the biggest threat is still Simon finding out. She just wants Simon and Liz to be safe and she'll handle Dan on her own. She's still a Battersby and has that fight in her.

## Dan ends up telling Simon that Leanne was a prostitute. How does he react?

It's the worst possible thing that could have happened. He can't control his anger at all. He loses all respect for her. He attacks her mentally and emotionally. Then he starts to call her Leanne – refusing to call her Mum.

## How does she cope?

It's an emotional trauma. He lashes out at her as he struggles to put into words how he's feeling.

Leanne struggles to confide in anyone as she worries how they'll react or whether they'll understand. She wants to fix this on her own and doesn't want to be broken by it.

## Can she save the relationship?

Definitely, her love for him is unconditional. He's the closest she has to her own child.

Simon will get a chance to redeem himself and be able to move on. With the help of someone else and maybe some therapy, they could resolve the issues. I really hope they have happiness as they've had a dreadful year!

Coronation Street, Mon, Wed, Fri, 7.30pm & 8.30pm, ITV

Leanne is finding it tough on The Street



Simon has problems controlling his anger

She meets former client Dan

# I don't want my heart broken again

The Beeb's Irish charmer opens up about love, drinking, beards and TV rivals...

**You've been a chat show host for 18 years now. Do you ever think of retiring?**

Yes, of course. You want to get out when people are still watching your show and you've still got time to enjoy life. You don't want it to be still there when people say, 'Is that thing still on TV?' You don't want to think, 'I wish I'd stopped sooner.' But don't get me wrong – I love my job. I might really miss it, and then I'll feel like an absolute fool.

**You could stage a comeback, maybe?**

You can't come back, you can only do *I'm A Celebrity...* or *Big Brother* or really awful things. But you will see me again, because I will spend all my money and I'll be going, 'Hi, ITV, what about a celebrity show?'

**Will you keep working in TV until you're 60?**

I hope I don't... That's

WORDS: MARC BAKER PICTURES: PA PHOTOS.COM, REX FEATURES



Listen to Graham on Saturdays, 10.05am, BBC Radio 2

eight years away!

**What about the chat show rivalry with Jonathan Ross and Alan Carr?**

It's never easy to get guests. The people we all want are very famous and

very rich. It's a lot to ask

Tom Cruise or Will Smith to come to a TV studio. At the moment, we're having a good run of it. But we need to keep inching forward. What

nobody wants to do is the inching backwards, where you go, 'Yes, the cast of *TOWIE* can come on...'

**What about love?**

The older you get, the less right you have to be fussy, but the fussier you get. You see young friends

starting relationships and you just sit there and wait for the end. When you're young and your partner is cheating on someone to be with you, you think it's great but, as older people, we know they'll cheat on us, too. I'm careful now. Why do you want your heart broken again? That's not cynicism. I've been in love three

times, and I hope to feel like that again. But I'd rather live alone for the rest of my life than with someone who folds the towels incorrectly! It's the petty things that break up relationships.

**Why the new beard?**

I am lazy, so I don't like shaving. My beard has its own Twitter account.

**And your love of drinking...**

One of the few perks of being on the telly is that taxi drivers always get me home. I fall asleep in taxis. I am old and drunk. But writing about my drinking made me reassess it, and I don't drink quite so much any more.

**What's next?**

I'm currently writing a novel. I'd like that not to be a terrible book.



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Rachael, 48, one of three generations of Astral users

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White Stores

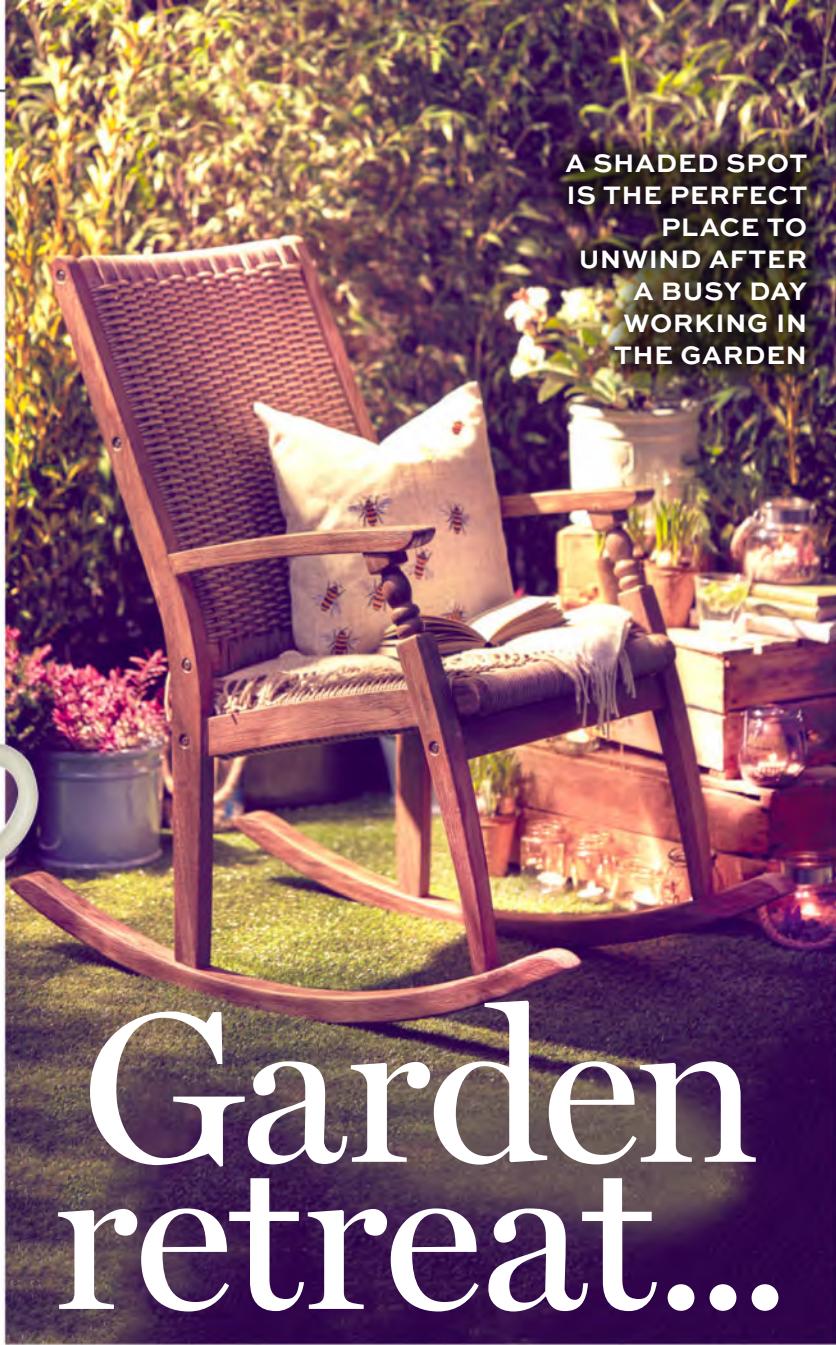


**MUG,** £9.95,  
White Stuff

**SIGN,**  
£5.50, Wilko



**REVERSIBLE  
CUSHION,**  
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POWERED  
JAR,** £10, B&Q

# Garden retreat...

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to relax and reflect

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**LANTERN,**  
£15, Tesco



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and it is still the only moisturiser which  
feels comfortable on my skin for day  
and night use, is absorbed quickly and  
without greasiness  
and always leaves  
my skin feeling soft  
and smooth.”



Hazel, 70, loves walking her rescue dogs

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# Speedy summer juice diet!

Make the most of summer fruits and drop 4lb in a week

**B**umping up your diet with summery fruits can help you lose weight faster. Bananas and pineapple contain soluble fibre that curbs the appetite; lemons, strawberries and blueberries remove the toxins that can lead to weight gain.

## DAY 2

### BREAKFAST

1 slice wholemeal toast, spread with 1 tsp peanut or almond butter, and large wedge of cantaloupe melon.

**LUNCH** Tuna and avocado salad. Toss together 1 small, ripe avocado, cubed, with 1 tin tuna in sunflower oil, drained, plus salad leaves, red onion and tomato slices drizzled with 1tsp olive oil and a dash of lemon juice.

**DINNER** Take 60g lamb fillet cut into strips, add to pan with 1 can tomatoes, 1 thinly sliced green pepper, 1tsp harissa paste and a handful of coriander.

Serve with 30g couscous and 1/2 bag salad leaves drizzled with olive oil.



## DAY 4

**BREAKFAST** Peel and chop 1 ripe mango, add 1tsp honey, 1 tub natural yoghurt, crushed ice.

WORDS: ABBY KNIGHT PICTURES: GETTY IMAGES



## DAY 1

**BREAKFAST** Blend a handful each of strawberries and blueberries with 1tsp oats, 120ml semi-skim milk, 3tbsp Greek yoghurt.

**LUNCH** 1 can tomato and basil soup. Small green salad drizzled with 1tsp olive oil and dash of lemon juice. 2 wholewheat crackers.

**DINNER** 1 chicken breast, pan-fried for 15 mins in 1tbsp olive oil, dash of peri peri sauce. Serve with 30g cooked weight brown rice. 3tsp broccoli and courgettes.



## DAY 6

### BREAKFAST

1 ruby red grapefruit, 1 slice wholemeal toast with 1tsp honey.

**LUNCH** 1 cooked chicken breast, shredded and tossed together with 1 bag mixed salad leaves, cucumber and green pepper slices, handful of black seedless grapes, mixed with 1tsp low-fat mayo.

**DINNER** Pan-fry 2 slices lean bacon until crispy. Chop and toss in 30g wholewheat pasta with 1 tub stir-in tomato and chilli sauce, 1/2 bag salad leaves, cucumber and tomato slices, drizzled with olive oil.



## DAY 5

### BREAKFAST

Toss together 1 small pack of chopped pineapple, handful of strawberries. Top with 3tbsp Greek yoghurt, 1tsp granola.

**LUNCH** Fill 1 wholemeal wrap with handful of salad leaves, 30g cooked prawns, 1/4 chopped mango, drizzled with 1tsp sweet chili sauce.

**DINNER** Stir-fry 1 medium chicken breast, sliced thinly, in 1tbsp sesame oil, add to wok or pan with 1 small pack stir-fry veg, 1tsp soy sauce and handful of cashew nuts. Serve with 30g cooked weight egg noodles.

## DAY 7

### BREAKFAST

30g unsweetened muesli with 3tbsp semi-skim milk, handful strawberries.

**LUNCH** 1 tin mackerel in tomato sauce, tossed together with 1 small bag salad leaves, red onion and tomato slices.

**DINNER** Pan-fry 1 chicken breast in 1tsp olive oil, add 2 kiwis, peeled and chopped, 1tsp hot pepper sauce. Serve in a wholemeal bun with shredded lettuce leaves.

## DAY 3

**BREAKFAST** Summer omelette: 2 free range eggs, 3 each mushrooms and cherry tomatoes and a handful of basil. A glass of orange juice.

**LUNCH** Mix 1 chopped green apple, 2 sticks chopped celery, handful each raisins and walnuts with 1tbsp low-fat mayo.

**DINNER** 1 medium pork chop, fat removed, served with 1 small jacket potato and 3tbsp apple sauce, made with 1 cooking apple, sweetened with 1tsp honey.

**LUNCH** Turkey, Brie and pear wholemeal sandwich, made with 2 slices cooked turkey, 1 slice Brie cheese and pear slices, toasted.

**DINNER** 3 chipolata sausages served with 3tbsp sweet potato mash and green beans (or other green vegetable).

## JUICY TIP

Fruit is a healthy sweet fix, but stick to two or three helpings a day. Adding some protein in the form of nuts and seeds will slow down the absorption of the sugars you eat, so you're less likely to store excess calories as fat.

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Amardeep, 20, second year computing student

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# We built our dream (and we'll never have to leave)

Jo and Andy Thompson had no hope of getting on the property ladder – so they took matters into their own hands

**T**wo years ago, teaching assistant Jo Thompson, 45, and electrician hubby Andy, 36, were living with their son, Frank, 13, in social housing in Lincolnshire.

With no spare cash for a deposit, there didn't seem much hope of the family ever

buying their own home, and they had resigned themselves to being lifelong renters.

But the dream of owning their own place was always at the back of Jo's mind. Here she explains how they built their eco-home, all for less than £100,000 – and how they won't pay an energy bill ever again.

**'Andy and I would watch shows on TV like *Grand Designs*, but they were utterly depressing because the people featured had so much money.'**

'We knew we would never be able to afford anything like that, and it felt like we'd be renting forever.'

'But then, Andy's brother built his own home and we wondered if this could be an affordable way for us to have the home we longed for, too.'

'We became more serious when my mum moved into a semi-detached house in South Lincolnshire, with a huge garden.'

'In June 2012, Andy and

***'It felt like we would be renting forever'***

I decided to take the plunge – we'd done the sums and, if Mum would agree to let us buy some of her garden, we could start working on our dream home.

'I said to Mum, "I've got a question and I want you to know I haven't lost my mind."

'Luckily, she told me she'd been sitting in the garden worrying about how she would look after it. 'At 78, the space was too much for her, so she was overjoyed when we offered to buy it off her.'

'It was a chance for her to help us and, at the same time, solve a problem of her own. So it was agreed.'



'We went ahead and submitted the plans – nothing fancy so they would get through without any hold-ups – and then sought finance, which was much the same as getting a mortgage.'

'It took 12 months but, in July 2013, we left our rented home, moved into a caravan on-site and building started.'

'Life in the caravan was lots of fun and not as depressing as people might think. We didn't have the

stress of travelling to the site every day, Frank could stay at his school and my mum was always on hand if we needed any help.'

'We had a £100,000 budget and wanted it to be as environmentally friendly as possible.'

'It's not all space-age gadgetry that makes an eco-home. The biggest energy savers any home can have are concrete, triple glazing and extra thick insulation – it's that simple.'

# home for £100K (we to pay a bill again)

Jo and Andy worked hard to make their vision a reality

The new home is both eco-friendly and economical



own family.

'After that, it's pretty much the same thing as having a new kitchen fitted - only it's a whole house.'

'On 27 September last year, we closed up the caravan for the last time and moved in.'

'I cannot describe how excited we all were.'

'It's all open-plan so it's very social. It's also very minimalist. We didn't plaster the walls or have any fancy flooring, but every breeze block, screw and piece of steel tells a story, and that is what makes it unique.'

'Our two-bedroom house perfectly matches our lifestyle - we don't have masses of money so it's not a luxurious abode, but everything in it has a purpose and allows us to live the lives we want.'

'Because we have a small

We have solar panels on our roof and a drainage system that collects rainwater, so we don't pay for sewerage - it's very practical.

'Once you look into it, you realise a self-build is not as daunting as buying a house that's on the market.'

'For me, the idea of discovering a house has structural problems or Japanese Knotweed, for example, is far scarier than working with an architect to discuss the needs of your

mortgage and no bills, I work part-time and take Frank to his after-school clubs.'

'We'll be mortgage-free in 12 years and we'll still be young enough to enjoy the extra cash.'

'I think all new homes should be built this way - it's madness for them not to be.'

'An eco-home like ours is good for the environment, extremely cosy because the temperature is always at a constant, and saves thousands of pounds a year.'

'In October, my mum told me about a TV show - BBC2's *The House That 100K Built* - that I should watch. She said it was about building houses on a budget - I was addicted straight away! It was only when I called the programme

## BRAVE DESIGNS

*'It's madness that all new homes aren't built this way'*

All the rooms reflect their laid-back style



An open-plan kitchen gives a spacious feel

makers to find out about a floor I'd seen, that I got talking to a researcher who invited us to take part.'

'After discussing it with Andy, we decided to accept the invite.'

'We are so keen to show people how this can work for anyone, not just builders or people with endless pots of cash.'

'Building our perfect home ourselves really was a dream come true.'

● ***The House That £100K Built* is on BBC2 tonight (Tuesday) at 8pm**

# best DRESSED

YOUR WEEKLY  
STYLE FIX



## SHOP THE LOOK

Linen trousers,  
8-18, £49,  
La Redoute



Tunic,  
s-xl, £20,  
Apricot

Sandals, £65,  
Phase Eight



Maxi dress,  
8-16, £119,  
Mint Velvet

## Keep your cool!

Stay fresh with these chic hot-weather buys...

● A lightweight denim tunic ticks two summer dressing boxes – not only does the fabric stay crease-free, but the loose design will also skim comfortably over your body. Wear with metallic flats and a Panama-style hat for a laid-back weekend look.

● While skimpy vest tops and fitted T-shirts might feel cool, they are not always the most flattering choices. This is why we're huge fans of draped tunics. The design looks good on all shapes, and is a much more sophisticated way of dressing in the heat.

● Thank goodness linen never dates! This breathable fabric is perfect for humid conditions. Invest in a classic pair of chinos and you'll wear them for summers to come.

● The rise of the jumpsuit means the maxi has been a little overlooked this year, but it's still a great summer option. If you struggle in the heat, invest in silk or cotton, rather than manmade fabric, which can get a bit clammy.

Tunic, 12-20, £65,  
longtallsally.com



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Accessorize

Necklace,  
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Ring, £24,  
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<sup>†</sup>Based on number of awards received by Olay Total Effects boutique across the globe 2002-2014

  
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